

Soft Tissue Release Hands On Guides For Therapists

[#Soft Tissue Release](#) [#Manual Therapy Techniques](#) [#Therapist Guide](#) [#Myofascial Release](#) [#Physical Therapy Resources](#)

Discover essential soft tissue release techniques with our comprehensive hands-on guide specifically crafted for therapists. This resource provides practical insights and actionable strategies to enhance your manual therapy skills, improving patient outcomes and expanding your treatment repertoire for various musculoskeletal conditions.

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Soft Tissue Release

Presented in a step-by-step format, this book equips readers with the skills needed to effectively deliver this physiotherapy technique to their clients. Describing the passive, active-assisted and active methods of using Soft Tissue Release, this book will be of use to both practising and studying therapists.

Soft Tissue and Trigger Point Release

Myofascial Release provides comprehensive training for hands-on therapists of all disciplines and at all levels to expand their practice. From technique descriptions and their applications to client interactions and the preservation of practitioner strength and functionality, this guide teaches therapists every crucial aspect of employing myofascial release to its fullest benefit. This scientifically grounded whole-body approach presents an overview of the entire fascial matrix, the three-dimensional web of tissue that supports, encompasses, and protects every other structure in the body. The explanation of the anatomy and function of the connective tissue system gives practitioners the solid background needed for working most effectively with soft tissue to treat muscle injury, immobility, and pain. The book also outlines how myofascial release relates to other massage modalities in the Hands on Guides for Therapists series, ensuring therapists incorporate all of their skills to the greatest effect for their clients. Descriptions of over 60 myofascial techniques contain details on the timing, direction, and hold of each stretch as well as numerous photographs that illustrate the body and hand positions of each technique. Nuanced explanations of the unique feel of soft tissue, including the component of position of ease felt in the fascial drag, enhance the therapist's palpation skills. The therapist learns how to apply the best approach—cross-hand releases, longitudinal plane releases, compression releases, and transverse plane releases—on specific injuries or issues and how to combine techniques to maximize their effectiveness. The text also contains home programs that clients can use themselves between treatment sessions. Myofascial Release provides an entire therapeutic approach as opposed to just the hands-on application that most books offer. Special features make this resource more effective and efficient for readers: • Full-color photos present a strong visual guide to employing each technique

safely. • The photo index reference tool quickly points readers to the desired technique. • Therapist tips provide practical comments on applying the techniques. • Client talk boxes share the author's experiences and insights on common situations. • Quick Questions at the end of each chapter test readers' knowledge of material. Finally, the text offers insight on interacting with clients and ensuring their entire therapeutic experience is fulfilling. It covers the client consultation process, checking for contraindications and performing the visual assessment, how the client may respond to the treatment, and what the practitioner and client might feel and see during the process. Readers will come away from *Myofascial Release* with a holistic understanding of the approach and how to apply the principles to their practice. *Myofascial Release* is part of the *Hands-On Guides for Therapists* series, which features specific tools for assessment and treatment that fall well within the realm of massage therapists but may be useful for other body workers, such as osteopaths and fitness instructors. The guides include full-color instructional photographs, Tips sections that aid in adjusting massage techniques, Client Talk boxes that present ideas for creatively applying techniques for various types of clients, and questions for testing knowledge and skill.

Myofascial Release

Postural Correction presents 30 of the most commonly occurring postural conditions in a comprehensive format, providing hands-on therapists and body workers the knowledge and resources to help clients address their malalignments. Focusing on treatment rather than assessment, it takes a direct approach and applies specific techniques to improve posture from an anatomical rather than aesthetic perspective. Primarily concerned with the lengthening of shortened tissues to help realign body parts, *Postural Correction* offers a collective approach to remedying malalignment. Techniques vary for each posture correction, including deep tissue massage, simple passive stretches, soft tissue release, common trigger points, and gentle limb traction. Because weak or poorly functioning muscles may contribute to postural problems, the text notes what muscles need to be strengthened and includes recommendations on techniques. Suggestions also are made for those postures that are difficult to correct with hands-on techniques, such as scoliosis, genu valgum (knock knees), and genu varum (bow legs). Recognizing that the work clients can carry out independently is a crucial component of long-term postural correction, this guide includes information on how clients can continue their therapy independently between or at the conclusion of their therapy sessions. Therapists can take these techniques and recommendations to advise, educate, and guide clients in their efforts. Much attention is paid to lifestyle, activities, and habitual use or resting of a body part that may have led to the initial pain and malalignment. Structured by anatomical regions of the body to make accessing information quick and easy, *Postural Correction* tackles postural concerns commonly affecting the spine; pelvis; upper limbs, including the shoulder and elbow; and lower limbs, including the hip, knee, ankle, and foot. Examples from various sports and demographics such as the elderly offer contextual and applied value. Descriptions avoid biomechanical jargon and instead focus on simple, clear explanations. Information is also included for when hands-on techniques are limited in correcting a particular posture. Special features make this book unique and useful: • Full-color anatomical illustrations and photographs present a clear visual of what will help bring about postural change. • Consistency with the other titles in the *Hands-On Guides for Therapists* series ensures that the manual therapies throughout this book are easily accessible. • An overview of each malalignment includes the muscles that are shortened or lengthened, notes about each posture, a bulleted list of ideas grouped according to whether these are carried out by the therapist or the client, and rationale for the suggested corrective techniques. • Concluding comments summarize the information for access at a glance. Earn continuing education credits/units! A continuing education course and exam that uses this book is also available. It may be purchased separately or as part of a package that includes all the course materials and exam.

Postural Correction

Soft Tissue Therapy for the Lower Limb is a visual guide to understanding and applying massage, stretching, soft tissue release (STR) and trigger point release techniques for common lower limb conditions. Author Jane Johnson is a physiotherapist. In this, her latest book, she breaks down the most appropriate soft tissue techniques and strengthening exercises for 30 musculoskeletal conditions affecting the hip, buttock, thigh, knee, leg, ankle and foot. Step-by-step instructions and full-color photos demonstrate techniques, while tips highlight effective practices and common errors. Along with information about appropriate treatments for each lower limb condition, this book shows how to assess lower limb posture, demonstrate simple and safe strengthening exercises that patients can perform with minimal equipment and without supervision, and measure the effectiveness of your treatment. *Soft*

Tissue Therapy for the Lower Limb is a clear and accessible guide to a variety of soft tissue techniques and lower-limb conditions. With detailed instruction and visual demonstration, this text will empower you to restore movement, strengthen muscles and minimize pain in your patients. Earn continuing education credits/units! A continuing education exam that uses this book is also available. It may be purchased separately or as part of a package that includes both the book and exam.

Myofascial Release

Though postural assessment is a skill required by most therapists and useful for many health and fitness professionals, few resources offer a complete discussion of the topic to support practitioners in the task. Written for students and practitioners of massage therapy, physical therapy, osteopathy, chiropractic, sports medicine, athletic training, and fitness instruction, Postural Assessment is a guide to determining muscular or fascial imbalance and whether that imbalance contributes to a patient's or client's pain or dysfunction. Jane Johnson, a practicing physiotherapist and sport massage therapist and instructor, breaks down the complex and holistic process of assessing posture into easy-to-assimilate sections. Johnson begins with a discussion of ideal posture and the factors affecting posture as well as how to provide the correct environment for postural assessment, necessary equipment, and the importance of documenting assessment findings. Then she details procedures for executing postural assessments from standing posterior, lateral, and anterior views as well as with the patient or client in a seated position. The text features tips for improving assessment technique, and What Your Findings Mean sections provide readers—students in particular—with guidance for systematic analysis. Each chapter ends with five Quick Questions, with answers, to assist in gauging understanding of the topics covered. Information in the text is enhanced with detailed illustrations that offer visual cues to learning postural assessment and identifying anatomical relationships. Line drawings illustrate bony landmarks used in the assessments, and numerous photos show both obvious and subtle postural variations. Reproducible illustrated postural assessment charts in the appendix provide space for recording observations during each step of the assessment. Postural Assessment can assist practitioners in learning what posture reveals about the relationships among various body parts and in determining whether such relationships cause or contribute to pain or discomfort. As a resource for novices, Postural Assessment offers guidance in observing and identifying common postural forms and interpreting those observations. Postural Assessment is part of the Hands-On Guides for Therapists series, which features specific tools for assessment and treatment that fall well within the realm of massage therapists but may be useful for other body workers, such as osteopaths and fitness instructors. The guides include full-color instructional photographs, Tips sections that aid in adjusting massage techniques, Client Talk boxes that present ideas for creatively applying techniques for various types of clients, and questions for testing knowledge and skill.

Soft Tissue Therapy for the Lower Limb

Therapeutic Stretching focuses on the use of both active and passive stretching as part of the rehabilitation of common musculoskeletal conditions and injuries. Covering all forms of stretches for the able-bodied, injured, and selected special populations, Therapeutic Stretching is a comprehensive resource for practitioners and students working in massage therapy, osteopathy, physical therapy, occupational therapy, rehabilitation, and personal and athletic training. With both active and passive stretches outlined for a range of musculoskeletal conditions and injuries, Therapeutic Stretching offers a range of rehabilitative stretches for the foot and ankle, knee and leg, hip and thigh, upper limb, shoulder, elbow, wrist, hand and fingers, and back and neck. Author Jane Johnson, a practicing physiotherapist, sport massage therapist, and body work instructor, provides information on incorporating passive stretching as a treatment option and selecting appropriate active stretches for clients to practice at home. Heavily illustrated with more than 230 color photos, Therapeutic Stretching provides excellent visual instruction on client positioning and the most effective handholds for the application of passive stretches to various joints and soft tissues. A user-friendly format, clear explanations of stretching techniques, and visual guidance from photos help students and practitioners readily incorporate these stretches into their practice. Therapeutic Stretching outlines the rationale for stretching after musculoskeletal injury along with general safety guidelines and an overview of the musculoskeletal conditions addressed in the text. Also included is a discussion of the differences between and applications of passive, active, and advanced forms of stretching such as muscle energy technique (MET) and soft tissue release (STR). Readers of Therapeutic Stretching will find a 10-step process for designing, implementing, and assessing a stretching program. The text discusses applications of therapeutic stretching for three special populations: elderly clients, pregnant women, and athletes.

For each, a listing of common physiological factors or characteristics that might affect a stretching program is included, along with tips on modifications to employ when working with these individuals. Following this foundational information are three chapters with photos and descriptions of active and passive stretches for musculoskeletal injuries and conditions of the lower limbs, upper limbs, and trunk. Here readers will find stretches useful for treating injuries and conditions such as sprained ankles, shin splints, runner's knee, tight calves or hamstrings, adhesive capsulitis, lateral epicondylitis, stiff wrists, kyphosis, low back pain, stiff neck, and whiplash. Special Tip boxes throughout the text offer guidance on modifying the stretches and techniques to meet the needs of individual clients. Tables detail the passive and active stretches covered in each chapter and indicate whether a stretch is contraindicated for a particular injury or condition. Following most chapters are five Quick Questions that assist readers in gauging their understanding of the content. In addition, Therapeutic Stretching includes a visual guide to stretching routines that could be performed in the prone, supine, and seated positions. These suggested routines assist students and practitioners new to therapeutic stretching in learning to apply these stretches in an efficient manner and without excessive repositioning of the client. Therapeutic Stretching offers a range of stretches to assist both current and future practitioners in safely treating clients rehabilitating from musculoskeletal conditions and injuries. Delivering the most up-to-date stretching techniques, this guide is a valuable resource for professionals in health care, rehabilitation, fitness, and body work seeking tools to assist their clients in alleviating muscular pain, reducing joint stiffness, and speeding recovery from injury. Therapeutic Stretching is part of the Hands-On Guides for Therapists series, providing tools of assessment and treatment that fall well within the realm of massage therapists but may be useful for other body workers, such as osteopaths and fitness instructors. The guides include full-color instructional photographs, Tips sections that provide advice on adjusting massage techniques, Client Talk boxes that present ideas for creatively applying techniques for various types of clients, and questions that test knowledge and skill.

Postural Assessment

Soft Tissue and Trigger Point Release, Second Edition, is a practical guide to understanding and applying soft tissue release (STR), including how it can be used to deactivate trigger points and maximize patient outcomes of treatment and rehabilitation.

Therapeutic Stretching

Michael Shea, one of the foremost experts on myofascial release, presents straightforward, practical instructions for dramatically releasing pain and restriction of motion in the body's fascia, muscles, and connective tissue. He introduces a soft tissue, hands-on approach for massage therapists, physical therapists, and other healthcare practitioners that reduces tension and stress in their clients' entire myofascial systems, as well as their musculoskeletal and cardiovascular systems. Therapists with little or no background in myofascial release and deep tissue reorganization can follow this book's easy guidelines in order to facilitate substantial orthopedic changes and pain reduction in their clients. Illustrated with 70 black and white photos, Myofascial Release Therapy includes an at-a-glance section that provides a step-by-step procedure for quick reference. Each photo is supplemented with instructions, as well as with arrows for easy reference in the clinic. This book provides the first integration of the verbal, visceral, and palpation skills of the therapist. It also includes work on the viscera as a way of integrating soft tissue work through the abdomen and pelvis. While manuals on the bones, muscles, and viscera have previously been divided into separate volumes, this book combines them into one. The author offers specific tools and protocols for helping patients "destructure" past somatic experience and reform it into something healthier. He illuminates the interconnectedness between bodies and their relationships to the outside world, including how sensations, feelings, and emotions are organized in the body and how they are coupled to meaning and memory. The result of many years of experience and knowledge, this book provides compelling evidence that myofascial release therapy encourages more rapid healing response of injured tissue.

Soft Tissue and Trigger Point Release-2nd Edition

Featuring more than 250 photographs and 50 anatomical drawings, this revised edition of Deep Tissue Massage is the standard guide to the essentials of touch, biomechanics, and positioning options for a multitude of strategies to treat all major conditions encountered in a bodywork practice. The book is divided into three sections. "Fundamentals" covers basic skills of palpation, explaining the deeper layers of the body and presenting detailed instruction on working with these layers to release tension. This

section gives clear information on the proper use of knuckles, fist, forearms, and elbows in preventing injury to the therapist. "Strategies" offers more precise protocols and treatment plans for the entire body with emphasis on client positioning options to stretch muscles rather than just kneading tissues. "Caveats" details areas in which the practitioner needs to exercise caution. Deep Tissue Massage presents a wealth of information in a way the therapist can immediately utilize. This new edition has been thoroughly revised and includes a preface to the new edition, a foreword, an index, a Suggested Reading list, and extended sections on integrating deep-tissue massage into bodywork practice and the psychology of treating injuries.

Myofascial Release

Myofascial Release, Second Edition With HKPropel Online Video, offers a dynamic approach to fascial and soft tissue work suitable for all students embarking on a career in hands-on therapy as well as for experienced therapists looking to add skills to their treatments. Ruth Duncan, an advanced myofascial release therapist, proprietor, instructor, lecturer, national committee member and John F. Barnes protégé, shares her expertise to offer in-depth descriptions of myofascial techniques and their applications. This scientifically grounded approach presents an overview of the entire fascial matrix, the three-dimensional web of tissue that supports every other structure in the body. The explanation of the anatomy and function of the connective tissue system gives practitioners the solid background needed to treat muscle injury, immobility, and pain. The book also outlines how myofascial release relates to other massage modalities, allowing therapists to incorporate a range of treatments. Descriptions of over 60 myofascial techniques contain details on the timing, direction, and hold of each stretch as well as numerous photographs that illustrate the body and hand positions of each technique. Nuanced explanations of the unique feel of soft tissue help the therapist enhance their palpation skills. The therapist learns how to apply the best approach (cross-hand releases, longitudinal plane releases, compression releases and transverse plane releases) on specific injuries or issues. A new chapter on scar tissue details how practitioners can relieve the pain and tension common in surgical and other types of scars. The text also contains home programs that clients can use themselves between treatment sessions. Myofascial Release, Second Edition, includes special features that make this resource more effective for readers: Full-color photos present a strong visual guide to employing each technique safely. The photo index quickly points readers to the desired technique. Tips provide practical comments on applying the techniques. Client Talk boxes share the author's experiences and insights on common situations. Quick Questions at the end of each chapter test readers' knowledge of material. More than 20 online videos showcase visual demonstrations to help the reader learn the techniques more quickly and accurately. Finally, the text offers insight on interacting with clients. It covers the client consultation process, how to check for contraindications and perform the visual assessment, how the client may respond to the treatment, and what the practitioner and client might feel and see during the process. Readers will conclude Myofascial Release, Second Edition, with a holistic understanding of the approach and how to apply the principles to their practice. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. Myofascial Release, Second Edition, Online CE Exam may be purchased separately or as part of the Myofascial Release, Second Edition, With CE Exam package that includes both the book and the exam. Note: A code for accessing HKPropel online video is included with this ebook.

Myofascial Release Therapy

Massage is a basic skill within physiotherapy, and one which requires a high standard of practical application. It is a skill which is increasingly being taken up by other health care and complementary therapy professionals. This new, third edition of *Massage for Therapists* is a timely and thorough update which continues the tradition of Margaret Hollis' hands-on approach. The book is designed to be a step-by-step guide to the theory and practical application of classical massage. Once mastered, these techniques may form the basis for a variety of modifications suitable for specific conditions. *Massage for Therapists* is split into three sections: an introduction to massage and preparation for giving a massage; the massage manipulations by area of the body; and some key modifications to the standard manipulations. In order to further enhance the practitioner's skill and to give the reader a grounding in some of the popular specialities, updated chapters on aromatherapy and massage in sport sit alongside new chapters which introduce myofascial release and shiatsu. *Massage for Therapists* will be of interest to student and qualified physiotherapists and sports therapists, as well as occupational therapists, chiropractors, osteopaths, nurses, complementary therapists and beauty therapists. • Practical, applied

text • Thoroughly updated by subject experts • Illustrated throughout with photographs which support the explanations of the therapeutic application.

Deep Tissue Massage, Revised Edition

Covers the full range of massage techniques, each one illustrated with specially commissioned photographs, and has an anatomy and physiology section explaining the physiological basics behind the techniques used.

Myofascial Release

Originally published in 1998, *Soft Tissue Release: A Practical Handbook for Physical Therapists* was the first ever book to be written on soft tissue release and its reputation as one of the most highly respected textbooks on the subject is as strong today as it was then. Now in its fourth edition, this latest version contains the most up to date information on the role of fascia and even more comprehensive anatomical imagery to illustrate the theory and techniques involved. Soft tissue release (STR) is an effective treatment approach designed to be easily integrated by any therapist working with pain, injury and movement dysfunction. Put simply, STR involves a 'lock and stretch' of tissue - but how exactly does it work, what is accepted as 'best practice' in terms of application, and how can it be used alongside other tools and techniques? In this highly practical guide, Mary Sanderson shares a comprehensive range of techniques she has found to be the most beneficial during her own successful career as a physical therapist and lecturer. Detailed chapters present the pre-requisite theory of how STR works, comprehensive advice on the treatment of over 100 individual muscles and specific guidance on how to modify techniques across different settings. *Soft Tissue Release: A Practical Handbook for Physical Therapists* is a complete reference guide for students embarking on clinical practice, therapists from all backgrounds wanting to understand more about pain management, or any individual wishing to harness the power of soft tissue release to treat their own pain.

Massage for Therapists

Written for bodywork and manual therapy practitioners from a wide variety of disciplines, as well as other healers who want to expand their skills, this generously illustrated book explains how and where emotions and static energy are held in the body, and how they can be released and rebalanced in therapies that challenge bodymindcore awareness

Sports Massage

Deep Tissue Massage describes how to use compressive and stretching techniques in ways that are safe and effective for you and your clients.

Soft Tissue Release

On the field, post-event, or in the clinic, *Sports Massage* is the essential resource for developing and perfecting your sports massage technique! *Sports Massage* provides an in-depth discussion of applications of foundational massage techniques within a sports massage approach. Thorough instructions and over 130 full-color photos demonstrate the correct application of each massage stroke for muscle groups of the neck, shoulder, torso, pelvis, legs, and feet. You'll also learn how to use advanced working positions in prone, supine, side-lying, and sitting orientations to address each muscle group, helping you achieve a more comfortable and therapeutic session for your client. This practical guide explains the foundations of sports massage as a profession, including performance-related benefits of sports massage, common environments for professional practice (practice, event, clinical), range of clientele (recreational or serious athletes, physically active people), and applications (pre-, inter-, and post-event, or as part of a training regimen or rehabilitation program). *Sports Massage* emphasizes proper therapist mechanics, including working posture, proper table height, and effective client positioning to help improve the delivery of your technique and reduce strain to your arms, hands, and back. Highlighted in the text are tips on technique adjustments, and special "Client Talk" boxes offer suggestions for ways to communicate technical information to your clients. Throughout the text, self-test questions with answers allow you to check your understanding and reinforce your learning. In addition, a photo gallery index provides quick reference for checking techniques and their application. Organized for quick reference, *Sports Massage* explains massage modifications for common injuries and conditions and provides technical information to support your decision-making process. Information

regarding contraindications and pathologies will prepare you to adapt your technique to accommodate a wide range of soft tissue conditions. In addition, discussion of equipment, hygiene, and safety considerations will help you be prepared for each therapy session. A discussion of client assessment and consultation will assist you in learning how to obtain the necessary information to address muscular issues during the therapy session. Sports Massage also discusses considerations in administering the technique to special populations, including individuals with spinal cord injuries, limb deficiencies and visual impairments, and cerebral palsy. In addition, you'll find information on conducting sports massage before, during, and after sporting events. Part science and part art, effective sports massage relies on a therapist's thoughtful application of knowledge and experience. Sport Massage provides a solid knowledge base, helping you learn how to work with your body efficiently and apply each technique with sensitivity. With its emphasis on correct body mechanics and effective client positioning, Sports Massage will help you improve your technique, reduce strain as you work, and provide a better quality of touch.

Freeing Emotions and Energy Through Myofascial Release

Deep Tissue Massage describes how to use compressive and stretching techniques in ways that are safe and effective for you and your clients. The reference contains step-by-step guidelines and over 165 color photos, which will help you deliver comfortable and satisfying massages to your clients. Deep Tissue Massage also explains techniques for avoiding overuse of your hands by incorporating the forearms, fists and elbows. Or perhaps you are already skilled in the use of deep tissue massage and are looking to add variety to your existing treatments. If you are a teacher of massage, you may find ideas and alternatives to stimulate debate in the classroom. Whatever your aims, here you will find photographs, tips and tricks to inform and inspire. Whether you are a newly qualified therapist or a therapist with many years of experience, Deep Tissue Massage will be a great companion resource. Discover those techniques and treatment positions that appeal to you, and discard those that you find less helpful. You will find many of these techniques easy to apply and will quickly be able to include them as part of your practice.

Deep Tissue Massage

Trigger point therapy is one of the fastest-growing and most effective pain therapies in the world. Medical doctors, chiropractors, physical therapists, and massage therapists are all beginning to use this technique to relieve patients' formerly undiagnosable muscle and joint pain, both conditions that studies have shown to be the cause of nearly 25 percent of all doctor visits. This book addresses the problem of myofascial trigger points—tiny contraction knots that develop in a muscle when it is injured or overworked. Restricted circulation and lack of oxygen in these points cause referred pain. Massage of the trigger is the safest, most natural, and most effective form of pain therapy. Trigger points create pain throughout the body in predictable patterns characteristic to each muscle, producing discomfort ranging from mild to severe. Trigger point massage increases circulation and oxygenation in the area and often produces instant relief. The Trigger Point Therapy Workbook, Third Edition, has made a huge impact among health professionals and the public alike, becoming an overnight classic in the field of pain relief. This edition includes a new chapter by the now deceased author, Clair Davies' daughter, Amber Davies, who is passionate about continuing her father's legacy. The new edition also includes postural assessments and muscle tests, an illustrated index of symptoms, and clinical technique drawings and descriptions to assist both practitioners and regular readers in assessing and treating trigger points. If you have ever suffered from, or have treated someone who suffers from myofascial trigger point pain, this is a must-have book.

Sports Massage

As techniques of physiotherapy have evolved and distinctions between methodologies have blurred, greater emphasis has been placed on Soft-Tissue Manipulation. Dr. Chaitow provides practitioners and students with up-to-date and complete information on the varieties of diagnostic and therapeutic techniques. Revised and expanded, this is a complete and indispensable textbook for students and therapists of all schools.

Deep Tissue Massage

This superbly illustrated text familiarizes students with individual muscles and muscle systems and demonstrates basic clinical massage therapy techniques. More than 550 full-color illustrations of

internal structures are embedded into photographs of live models to show each muscle or muscle group, surrounding structures, surface landmarks, and the therapist's hands. Students see clearly which muscle is being worked, where it is, where it is attached, how it can be accessed manually, what problems it can cause, and how treatment techniques are performed. This edition features improved illustrations of draping and includes palpation for each muscle. An accompanying Real Bodywork DVD includes video demonstrations of massage techniques from the book.

The Trigger Point Therapy Workbook

This title takes the reader through the practice of remedial massage, the effects and benefits that arise from it, a guide to the human muscular system, basic massage techniques and more detailed treatment practices. With over 200 full-colour photographs and over 50 diagrams, the techniques are easy to follow and understand.

Soft-Tissue Manipulation

This book is a great resource for anyone in the healthcare profession or anyone who facilitates the healing process. It is especially helpful for body workers and therapists. It gives simple answers that can help both therapists and patients with their understanding of the healing process in general, and also helps with more specific questions about myofascial release. Some of the questions are: what is myofascial release? How is myofascial release different from other techniques? What can myofascial release help with? The answers given are simple, concise, and will help with an overall understanding of the healing process, which can then allow for faster and more significant results. Cathy Covell lives what she writes. She is the Speak/Speech. Talks the Speak/Speech. Is the Speak/Speech. Feel your aliveness. Feel how much safer it is to feel your aliveness then to stay numb. Cathy Covell actually shows you how to do this. How to feel human and alive all at the same time. -Mary Ryan They are all great, must have books ! -Dan Betz Cathy's book has been vital to my healing journey. I have received Myofascial Release Therapy (MFR) for many years that has greatly benefited my health and kept me from disability retirement in my early 40's. Nevertheless, it was not until Cathy started writing her books explaining what Myofascial Release Therapy is in an honest, clear and fun way, that I started understanding the treatment and my role in the process. Since then my health has improved at a faster pace, the benefits of treatment at the clinic, or self treatment, are much greater than before, and the results are long lasting. Anyone receiving Myofascial Release Treatments will definitely benefit from reading Cathy's book, "Feeling Your Way Through" and "A Patient's Guide to Understanding Myofascial Release: Simple Answers to Frequently Asked Questions." -Mercedes Reaves We have been buying Cathy's books for a few years to sell here in the UK as they are a fantastic resource for both therapists and clients offering a wisdom of information and wealth of practical understanding to the John F Barnes approach to myofascial release. I would recommend these books to anyone interested in myofascial release as a therapy for pain and discomfort or as an adjunct to their learning experience from attending seminars. Cathy writes with both passion for the work as well as from her skill and expertise through her years of dedication to the approach, great books Cathy!! -Ruth Duncan Cathy does a wonderful job of conveying principles of myofascial release with books that are clear and profound. She does a great job of answering many of the questions that therapists and patients often have, and sharing great insights from her vast well of wisdom and experience. - Mary Winslow Cathy Covell's books are fantastic! She has a gift for brilliantly conveying information and wisdom in an easily digestible fashion. Her books have helped me as a therapist and as a patient. I give all of my new patients one of her books at their first visit at my wellness center. Bravo, Cathy! - Phil Tavalacci

Basic Clinical Massage Therapy

For practitioners of massage therapy, sports massage, remedial massage, and physical therapy, soft tissue release is a powerful tool in treating chronic pain conditions such as shoulder impingement, tennis elbow, and iliotibial band friction syndrome. Soft tissue release also aids post-surgical recovery and is used in the treatment of highly trained athletes, dancers, and musicians who wish to tackle those small but key tissue areas needed to maintain and improve their performance. The soft tissues consist of muscle fibers, myofascia, tendons, and ligaments. The all-encompassing nature of this connective tissue is becoming increasingly fascinating to bodywork practitioners of all kinds, including massage therapists, physical therapists, chiropractors, osteopaths, orthopedic nurses and doctors, and sports therapists. Treatment of the soft tissues continues to gain momentum, and there are many exciting research developments that demonstrate how manipulation of these tissues can have profound

effects on the structure and function of the musculoskeletal system. Skilled release of the soft tissues reduces the need for adjustments or joint mobilizations, because appropriate release improves joint movement. Freeing the joints and enhancing the health of the soft tissues also facilitates a superior and lasting response to rehabilitation programs. The Soft Tissue Release Handbook is aimed at practicing therapists who wish to address the soft tissues precisely and effectively, whether as an adjunct to existing bodywork techniques or as a treatment modality in itself. The skills presented in this book can be immediately applied in the clinic with existing and new clients. Graphic illustrations of the key muscles involved in movement, as well as over 200 full-color photographs of the technique in action, make this an easy-to-use and practical guide.

Advanced Remedial Massage

Featuring more than 250 photographs and 50 anatomical drawings, *Deep Tissue Massage* is the standard guide to the essentials of touch, biomechanics, and positioning options for a multitude of strategies to treat all major conditions encountered in a bodywork practice. The book is divided into three sections. "Fundamentals" covers basic skills of palpation, explaining the deeper layers of the body and presenting detailed instruction on working with these layers to release tension. This section gives clear information on the proper use of knuckles, fist, forearms, and elbows in preventing injury to the therapist. "Strategies" offers more precise protocols and treatment plans for the entire body with emphasis on client positioning options to stretch muscles rather than just kneading tissues. "Caveats" details areas in which the practitioner needs to exercise caution. *Deep Tissue Massage* presents a wealth of information in a way the therapist can immediately utilize. This new edition has been thoroughly revised and includes a preface to the new edition, a foreword, an index, a Suggested Reading list, and extended sections on integrating deep-tissue massage into bodywork practice and the psychology of treating injuries.

A Therapist's Guide to Understanding Myofascial Release

This book is a great resource for anyone in the healthcare profession or anyone who facilitates the healing process. It is especially helpful for body workers and therapists. It gives simple answers that can help both therapists and patients with their understanding of the healing process in general, and also helps with more specific questions about myofascial release. Some of the questions are: what is myofascial release? How is myofascial release different from other techniques? What can myofascial release help with? The answers given are simple, concise, and will help with an overall understanding of the healing process, which can then allow for faster and more significant results.

The Soft Tissue Release Handbook

A clinical reference manual for the evaluation and treatment of muscle pain • Contains detailed illustrations of pain patterns and trigger-point locations • 15,000 copies sold in first hardcover edition
Myofascial pain syndromes are among the fastest growing problems that physicians, osteopaths, acupuncturists, and physical, occupational, and massage therapists encounter in their patients. In *Trigger Point Therapy for Myofascial Pain* Donna and Steven Finando have organized vast amounts of information on treating myofascial pain into an accessible "user's manual" for healthcare practitioners. They examine a wide range of pain patterns and present evaluation and palpation techniques for reducing trigger points--and thereby alleviating pain--in the most clinically significant musculature of the body. This comprehensive yet easy-to-use reference guide to treatment of muscle pain begins with chapters on the concept of Qi and its relationship to myology, specific trigger point location and activation, and palpatory skill-building techniques. Subsequent sections provide detailed information on each muscle to teach clinicians to locate quickly and accurately individual points of pain and compensation. A visual index allows easy identification of the muscles that may be involved. *Trigger Point Therapy for Myofascial Pain* provides necessary and invaluable information for sufferers and any professional involved with myofascial disorders.

Deep Tissue Massage

Whether for sporting competition, work or generally for the maintenance of posture, everyone needs muscles that are strong, supple and in balance. Regular manipulation of the soft tissues has an essential role to play and this work should transform any treatment, allowing specific problems to be rapidly and effectively addressed.

A Patient's Guide to Understanding Myofascial Release

Clinical Guide to Positional Release Therapy With Web Resource provides professionals in the sports medicine and therapy fields with an easy-to-read reference on the clinical application of positional release therapy (PRT). The book is an invaluable resource for those who desire to learn, practice, and perfect the art of PRT to gently treat patients of all ages who have acute and chronic somatic dysfunction, including tightness and pain. Author Timothy E. Speicher, president of the Positional Release Therapy Institute, uses contemporary science and evidence-based practice to provide health care practitioners—including athletic trainers, physical therapists, massage therapists, and chiropractors—with a manual of PRT treatment techniques. The text is also suitable for students enrolled in upper-level courses in athletic training, physical therapy, and massage therapy programs. The highly visual book is organized in a manner that enables the reader to acquire a foundation of the applications, procedures, and theory of PRT. Part I explores the research surrounding PRT, providing articles that support the use of PRT through evidence-based practice. Readers will consider special populations, such as elderly patients, competitive athletes, and patients with disabilities. Part II explores PRT techniques by anatomical area. Each region (lower quarter, pelvis, spine, upper quarter, and cranium) contains an overview of common injury conditions and their myofascial triggers, differential diagnoses, and instructions on palpating and treating specific anatomical structures. Each chapter in part II also contains self-treatment techniques where appropriate. Clinical Guide to Positional Release Therapy dedicates considerable attention to palpation instruction, a core skill that enables successful diagnoses and applications of many orthopedic assessments and therapeutic techniques. Readers also will gain knowledge of anatomical and kinesiological structures to ensure success in assessment. Application of adjunctive therapies, such as ultrasound, electronic stimulation, massage, joint stabilization, and therapeutic exercise, is provided throughout the text to complement PRT and facilitate an optimal healing environment. Clinical Guide to Positional Release Therapy includes more than 400 full-color photos and illustrations. The unique layout of the book displays the anatomy, palpation, and treatment techniques in one or two pages, making the techniques visually easy for practitioners and students to follow and put into practice. In addition, scanning charts listing structures and mapping of the anatomical areas specific to the chapter content appear at the end of each chapter. The text is supplemented by a web resource featuring 61 videos demonstrating various PRT techniques described in the book. The most common conditions and the techniques used to treat them are detailed, and Dr. Speicher provides advice about adapting the techniques to other conditions and muscle groups. The supplemental videos can be accessed online. Whether students are just being introduced to PRT or medical professionals are already seasoned practitioners, Clinical Guide to Positional Release Therapy will assist them in using PRT in a simplified and structured manner to improve patient outcomes.

Trigger Point Therapy for Myofascial Pain

"As the field of massage therapy has gained greater acceptance, its role within the health field has increased commensurately. For this reason, there is a growing need for advanced treatment techniques that are oriented toward clinical rehabilitation of clients who present with musculo-skeletal conditions. The purpose of this book is to present an array of these advanced treatment techniques that can be used by the massage therapist and other manual therapists. Advanced Treatment Techniques for the Manual Therapist: Neck is designed to be used by the practicing therapist who wants to learn advanced techniques that likely were not taught during his or her training at school. This book is also designed to comfortably fit into the curriculum of a massage therapy or other bodywork school that desires to teach these techniques, whether it is within the core curriculum or within the continuing education offerings. Note that what is and is not within the scope of practice of a massage therapist or other manual therapist varies from state to state, and occasionally varies from one town, city, county, or province to another. It is the responsibility of the practicing therapist to make sure that he or she is practicing legally and employing treatment techniques that are within the scope of his or her license or certification"--Provided by publisher.

Soft Tissue Release

Direct Release Myofascial Technique provides a highly illustrated guide to direct release myofascial techniques (MFR) and their application in clinical practice. MFR is a manual therapy method that influences both a body's structural tissues and the sensory/motor systems. Originally developed by Dr Ida Rolf, the creator of the Rolfing® method, the approach has since been adapted and modified by different groups of therapists to fit within their own particular philosophies. This book strips away the

surrounding theories and philosophies and focuses on the safe and appropriate use of the techniques themselves. Numerous photographs supplement the detailed, step-by-step coverage of techniques.

Clinical Guide to Positional Release Therapy

Covering all forms of stretches for able-bodied, injured and selected special populations, this book is a comprehensive resource for both practitioners and students of massage therapy, osteopathy, physiotherapy, occupational therapy, rehabilitation and personal training.

Advanced Treatment Techniques for the Manual Therapist

An essential self-help guide to treatment of chronic pain based on myofascial release This indispensable self-help guide is for anyone suffering from chronic pain and struggling to understand why standard medical approaches have failed them. Taking a mind-body approach, the book clearly and simply explains how chronic pain develops, and why an understanding of fascia—the main connective tissue in the body—is the key to restoring pain-free movement and health. Author and myofascial release expert Amanda Oswald informs readers about the role of fascia in chronic pain and empowers them to help themselves through simple and effective self-care techniques, stretches, and exercises. *Living Pain Free* is a must-read for anyone experiencing chronic pain from conditions including migraines and headaches, repetitive strain injury (RSI), jaw (TMJ) pain, frozen shoulder, neck and back pain, chronic pelvic pain, scar tissue, and systemic pain conditions such as fibromyalgia, chronic fatigue, and myofascial pain syndrome. It will also benefit anyone interested in understanding chronic pain from a myofascial perspective.

Direct Release Myofascial Technique

Soft Tissue and Trigger Point Release, Second Edition, is a practical guide to understanding and applying soft tissue release (STR), including how it can be used to deactivate trigger points and maximize patient outcomes of treatment and rehabilitation. Whether you are a student or a professional, the detailed instruction and numerous photos will help you gain proficiency and confidence in applying these techniques. *Soft Tissue and Trigger Point Release* thoroughly explains the differences between the three types of STR—passive (clients do not help), active-assisted (clients and therapists work together), and active (clients do it on their own)—and provides step-by-step descriptions for performing each type. This edition incorporates new content on how soft tissue release may be used to deactivate trigger points, aiding in the treatment of musculoskeletal pain. Additional updates include the following:

- More than 150 new photographs and 21 new anatomical illustrations
- Guiding arrows overlaid on photos to show the direction in which to apply pressure
- Illustrations of trigger points found in 21 muscles
- New descriptions of the use of active-assisted STR on the iliotibial band (ITB), infraspinatus, biceps brachii, and triceps
- New sections describing how to apply active STR to gluteals, trapezius, scalenes, rhomboid, and pectoral muscles
- Instruction for applying passive STR to shoulder adductors
- Case studies providing examples of how STR was used with four clients with differing problems

Complementing each technique are information on the key holds, moves, and stances for various muscles and handy reference charts indicating the types of clients and situations for which each technique is particularly useful. The full-color photos depict the locks and stretches, while some of the more difficult techniques are accompanied by photos showing the position of the therapist and a skeletal overlay on the client so you can pinpoint the specific muscle being targeted. The book also explains how to use alternative options—such as massage tools and forearms, fists, and elbows—to protect your hands and thumbs from overuse. Tip boxes offer practical comments on applying the techniques, while Client Talk boxes provide insight into real-world situations. *Soft Tissue and Trigger Point Release* also shows you how to incorporate the proper techniques into a treatment program. It guides you through the consultation process and provides examples of initial questions to ask clients and various assessment forms to use in identifying clients' needs. Using case studies and comparisons, you will learn how the data gleaned from clients can guide the design of an effective treatment program. *Soft Tissue and Trigger Point Release, Second Edition*, is part of the *Hands-On Guides for Therapists* series, developed to provide the best clinical and educational resources available for those in bodywork professions.

Therapeutic Stretching

The fifth edition of the retitled *Sports and Soft Tissue Injuries* sharpens its focus on the treatment of sports injuries, providing the most complete evidence-based guide for physiotherapists, sports

therapists and medical practitioners working with athletes. Opening with chapters that examine the underlying science of tissue healing and principles of rehabilitation, the book employs a systematic approach, with chapters covering each area of the body, from facial through to ankle and foot injuries. Every chapter includes in-depth discussion and guidance on the treatment of common sports injuries through physiotherapeutic modalities, drawing on the author's wealth of personal experience and the latest peer-reviewed research. A complete pedagogical resource, *Sports and Soft Tissue Injuries* is highly illustrated in full colour, and is an important text for students of sports therapy, physiotherapy, sport medicine and athletic training, interesting further reading for sport and exercise science or kinesiology students with an interest in sports injury, and a crucial reference for practicing physiotherapists and athletic trainers and the related disciplines.

Living Pain Free

As a form of physical therapy, Myofascial Release Therapy (MRT) focuses on the fascia and tendons that surround and support the muscles in the body. The treatment aims to lower discomfort and increase range of motion by releasing tension and tightness in the myofascial tissue. Throughout the body, there is a network of connective tissue called fascia that surrounds and permeates every part. No organ, muscle, or bone is exempt from this. Its primary purpose is to provide the body with a stable and supportive base. A variety of factors, including trauma, inflammation, or poor posture, can lead to uncomfortable and constricted fascia, which in turn limits mobility. Myofascial release therapy is a hands-on approach that involves a therapist applying moderate pressure and stretching to the myofascial tissue in order to relieve adhesions and limitations. In order to locate and alleviate knots, the therapist may use specialized tools, their hands, or even just their fingertips. Improved mobility and pain relief are the end goals, which will be achieved by returning the fascia to its normal, flexible state. Chronic pain, muscle tension, and reduced mobility are common issues that this treatment often addresses. It is commonly used as part of comprehensive treatment plans for musculoskeletal diseases by physical therapists, massage therapists, and other medical professionals. Myofascial release therapy (MRT) should be administered according to each patient's unique condition and needs because its effectiveness may vary from one person to the next. Before deciding on a plan of action, it is crucial to consult a qualified medical professional to determine your specific needs.

Soft Tissue and Trigger Point Release

Now in vibrant full color, this fully updated and revised Fourth Edition of Scheumann's *The Balanced Body: A Guide to the Integrated Deep Tissue Therapy System* reflects the latest research in the field and brings a beloved technique manual up to date with current standards for evidence-informed practice. This user-friendly resource helps students develop a clear understanding of a sequential, progressive bodywork approach for the entire body. The Fourth Edition retains the original book's innovative approach to the integration of a variety of massage therapy approaches and adds new material that brings Scheumann's work into a modern context. New sections on research, updates on recent pain and fascia science, updated coverage of pathologies, and new material on client endangerment work, along with an enhanced array of teaching and learning resources, make *The Balanced Body* an important resource for both new and seasoned massage therapists.

Sports and Soft Tissue Injuries

A clinical reference manual for the evaluation and treatment of muscle pain. • Detailed color illustrations of pain patterns and trigger-point locations. • First accessible reference manual for acupuncturists, chiropractors, osteopaths, and physical, occupational, and massage therapists. In this easy-to-use guide to the treatment of muscle pain, medical educators Steven and Donna Finando present evaluation and palpation techniques for reducing trigger points--and thereby alleviating pain--in the most clinically significant musculature of the body. A "user's manual" for health care practitioners, *Informed Touch* examines a wide range of pain patterns and their treatment. Introductory chapters include discussion of the oriental medicine concept of Qi and its relationship to myology, information on trigger point location and activation, and palpatory skill-building techniques. Detailed information on each muscle, including pain-pattern and trigger-point illustrations and specific palpation instructions, allows clinicians to locate specific areas quickly and accurately. A visual index, showing reduced versions of the pain-pattern illustrations, makes it easy for clinicians to identify the muscles that may be involved in a patient's complaint. *Informed Touch* answers the reference needs of the growing community of physical and occupational therapists, acupuncturists, chiropractors, osteopaths, and massage therapists.

Myofascial Release Therapy

