

THE MELT METHOD BY SUE HITZMANN



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The MELT Method A Breakthrough Self Treatment System to

Sue Hitzmann, MS, CST, NMT is the creator of the MELT Method , a simple self-treatment technique that helps people get out and stay out of chronic pain. A nationally recognized educator, manual therapist, exercise physiologist, and founding member of the Fascia Research Society, Sue is the author of the New York Times bestselling book The MELT Method, which has been translated into eight

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About MELT MELT Method Experience Natural Pain Relief

MELT s Creator. MELT was created by New York City manual therapist and connective tissue specialist Sue Hitzmann. Using specialized techniques, a soft body roller, and four different balls, MELT is designed to reconnect whole-body communication, rebalance the nervous system, rehydrate the connective tissue, and release compression in joints.

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Today on Home Family Kevin Lisa Cronin Home

"The Melt Method" with Sue Hitzmann Author and manual therapist, Sue Hitzmann joins the show to discuss her new approach to managing chronic pain. In her book " The Melt Method," Sue explains how "stuck stress," created by the repetitive motions and postures of daily living, is the true cause of most common aches, pains, and chronic symptoms. Today, Sue teaches Mark and Cristina the keys to the

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2018 Pre Conference Workshops Fifth International Fascia

This workshop will demonstrate myofascial cooperation between the diaphragm, abdominal cavity, thoracolumbar fascia, and pelvic floor. It will include real-time ultrasound evaluation to assess manual therapy interventions, posture and dynamic functional exercises.

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