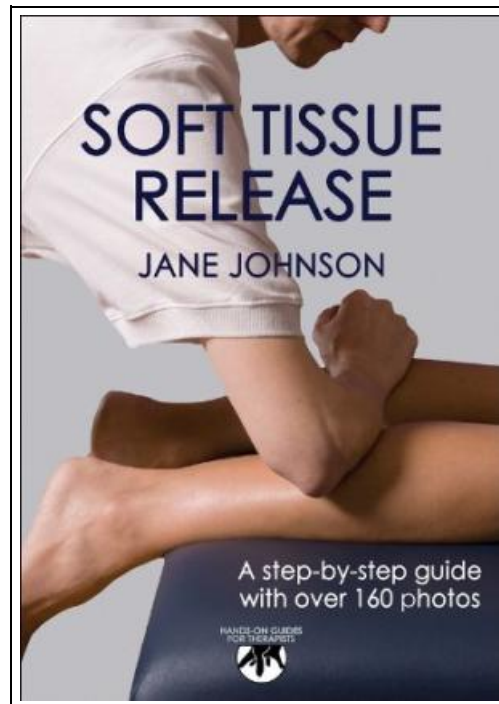


Soft Tissue Release: Hands-on Guide for Therapists



Filesize: 8.78 MB

Reviews

The publication is great and fantastic. It is probably the most remarkable book i actually have read through. Its been printed in an exceedingly easy way and it is merely right after i finished reading through this publication where in fact altered me, modify the way i think.

(Tomas Witting)

SOFT TISSUE RELEASE: HANDS-ON GUIDE FOR THERAPISTS



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Human Kinetics Publishers, United States, 2009. Paperback. Book Condition: New. 251 x 175 mm. Language: English . Brand New Book. `Soft Tissue Release` is a clear, concise, and practical book that guides you in understanding and applying the three types of soft tissue release (STR): passive (clients do not help), active assisted (clients and therapists work together), and active (clients do it on their own). Rather than focus on the specific purposes of soft tissue release, this text provides basic information about the therapy and prepares readers to perform the techniques. The result is a text that professionals and students in massage therapy, physiotherapy, and osteopathy will find invaluable. `Soft Tissue Release` thoroughly explains the differences between the three types of STR by providing step-by-step descriptions on performing each type along with the key holds, moves, and stances for various muscles. The descriptions are accompanied by handy reference charts indicating the types of clients and situations in which each technique is particularly useful. Complete instructions explain how to apply STR to various parts of the body--the trunk, the lower limbs, and the upper limbs--and detail the advantages and disadvantages of each technique. Numerous full-color photos depict the locks and stretches. The book also explains how to use alternative options--such as massage tools and forearms, fists, and elbows--to protect the hands and thumbs from overuse. Tips sidebars provide short, practical comments on applying the techniques, while Client Talk boxes share the author's experiences and provide insight on situations that a therapist is likely to encounter. Each chapter ends with Quick Questions to test knowledge of the information, and answers are provided at the end of the book. A quick-reference photo index allows readers to look up techniques based on the client's position--prone, supine, sitting, or side lying--and find the page...



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