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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...

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- Authored by Jane Johnson
- Released at 2009



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