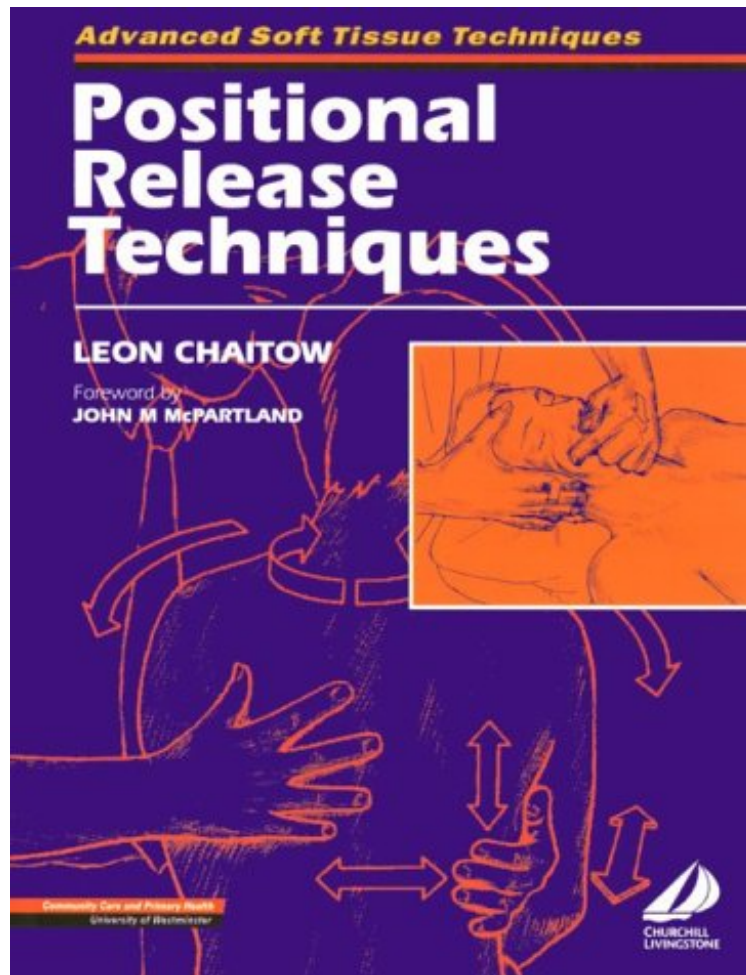


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## Positional Release Techniques (Advanced soft tissue techniques)

Leon Chaitow

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Osteopathic medicine has evolved several distinct varieties on the theme of allowing spontaneous physiological release of hypertonic muscles, including those in spasm. This text discusses these techniques and their value and

importance, which lies in their gentleness, ease of application and potential for instant response in case of acute spasm and pain.

About the Author Leon Chaitow ND DO is an internationally known and respected osteopathic and naturopathic practitioner and teacher of soft tissue manipulation methods of treatment. He is author of over 60 books, including a series on Advanced Soft Tissue Manipulation (Muscle Energy Techniques, Positional Release Techniques, Modern Neuromuscular Techniques) and also Palpation Skills; Cranial Manipulation: Theory and Practice; Fibromyalgia Syndrome: A Practitioners Guide to Treatment, and many more. He is editor of the peer reviewed Journal of Bodywork and Movement Therapies, that offers a multidisciplinary perspective on physical methods of patient care. Leon Chaitow was for many years senior lecturer on the Therapeutic Bodywork degree courses which he helped to design at the School of Integrated Health, University of Westminster, London, where is he now an Honorary Fellow. He continues to teach and practice part-time in London, when not in Corfu, Greece where he focuses on his writing.