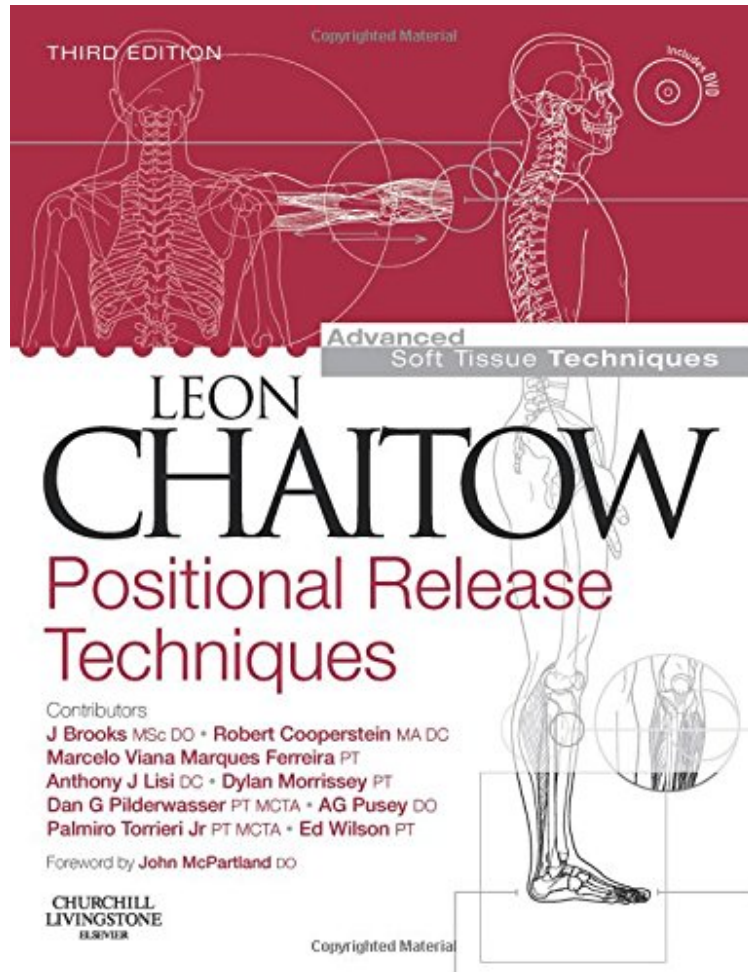


Positional Release Techniques with DVD-ROM, 3e (Advanced Soft Tissue Techniques)

Leon Chaitow ND DO (UK)

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Leon Chaitow ND DO (UK) : Positional Release Techniques with DVD-ROM, 3e (Advanced Soft Tissue Techniques) before purchasing it in order to gage whether or not it would be worth my time, and all praised Positional Release Techniques with DVD-ROM, 3e (Advanced Soft Tissue Techniques):

4 of 4 people found the following review helpful. I felt misledBy RashomoanI expected this to be a comprehensive catalog of positional release exercises, but it is instead a survey of the different techniques. Definitely not what is needed by an individual wanting to self-administer the positional release techniques.1 of 1 people found the following review helpful. Great and very helpful book !By CustomerA most helpful book for anyone with any sort of discomfort. Awesome techniques everyone should benefit from! Love the book, easy to read, understand, and implement techniques.0 of 0 people found the following review helpful. This was a good resource.By J2590raI've always wanted

to learn about myofascial trains. This was a good resource.

A comprehensive textbook covering all methods of spontaneous release by positioning. The background theory is explained and the techniques described in detail. The descriptions of the techniques are supplemented in the text by clear 2-colour line drawings and photographs and the DVD-ROM provides additional explanation through the use of video demonstrations with narrative by the author. Compares all major positional release methods, from strain/counterstrain to functional osteopathy. Details step-by-step use of these manual methods. Describes integrated use with other manual approaches, such as Muscle Energy Techniques. Provides explanations of treatment of both muscle and joint problems. Explains how the methods can be used to treat bedridden patients. Emphasises safety and usefulness in both acute and chronic settings. Three new contributed chapters: Sacro-occipital technique use of padded wedges for diagnosis and treatment; Overview of the McKenzie Method; and Application of positional techniques in the treatment of animals. Completely updated, with additional new videoclips included on DVD-ROM. 56 new 2-colour line drawings and 27 new photographs.

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 Practitioner's 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 he is 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.