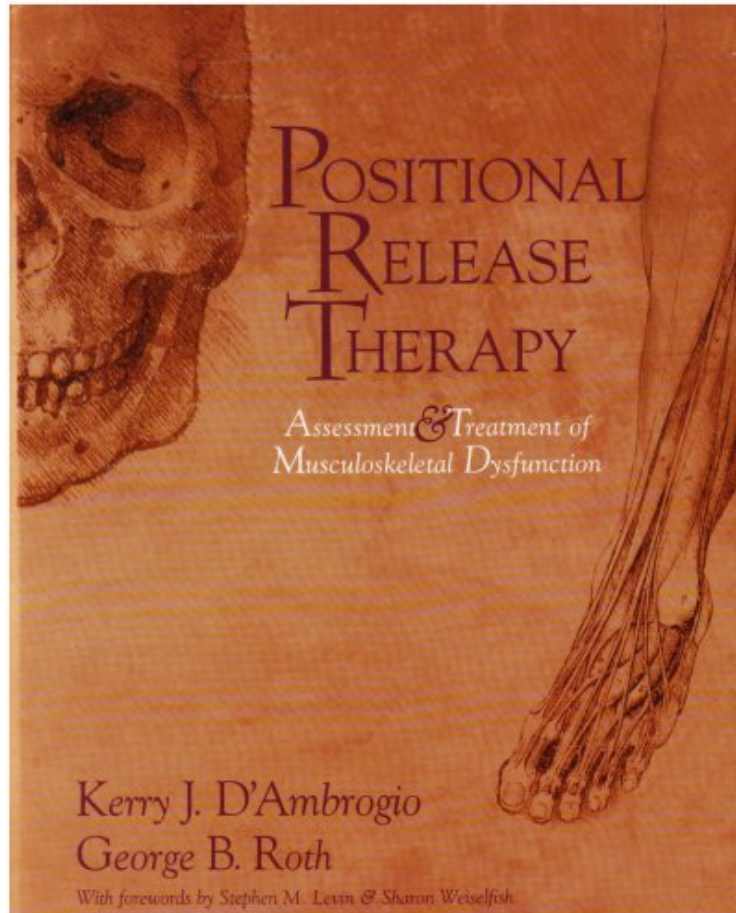


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Positional Release Therapy: Assessment Treatment of Musculoskeletal Dysfunction, 1e

*Kerry J. D'Ambrogio BSc PT, George B. Roth BSc DC ND
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Kerry J. D'Ambrogio BSc PT, George B. Roth BSc DC ND : Positional Release Therapy: Assessment Treatment of Musculoskeletal Dysfunction, 1e before purchasing it in order to gauge whether or not it would be worth my time, and all praised Positional Release Therapy: Assessment Treatment of Musculoskeletal Dysfunction, 1e:

6 of 6 people found the following review helpful. Great for an individual starting yoga after 50 By Rashomoan This is a great comprehensive reference to supplement and fill holes left by Lee Albert's 'Live Pain-Free Without Drugs or Surgery', Luann Overmyer's 'Ortho-Bionomy, a Path to Self Care' and Clare Davies' 'The Trigger Point Therapy Workbook'. Although less easy to read, looking at the pictures after reading the introduction and first couple of chapters tells you all you need to know to treat yourself - it is easy enough to set yourself up with furniture and pillows to get into the stressless positions shown in the book with (with a therapist in the book) to deal with the stuck tissue.

Having taken up yoga again in my late fifties, I have had particular issues with various muscles in the hips and feet, as well as knee and between this volume and the others mentioned (this one if the others do not contain the information), have been able to deal with all the pains in short order myself. In summary, it is less readable, but much more comprehensive. 2 of 2 people found the following review helpful. Great introduction to positional release therapy By Zeon As a therapist, it is always great to find a book that has clear writing and photographs. Learning Positional Release Therapy is fun, and this book helps put this technique into a more simplified light. With clear and detailed writing that is geared towards helping you understand the basis of this technique, as well as photographs that show how to use the technique for various areas of the body, this book is the perfect introduction for those who have limited experience with this technique. I recommend this book to all therapists, especially the beginning student or recent graduate of pt school, massage therapy school, or osteopathy school. 23 of 23 people found the following review helpful. Positional Release Therapy By Carol Nelson This is the most must have, useful book I own. Techniques in this book were used on me by my Physical Therapist. I was on high doses of very strong pain medication. Through techniques used in this book, I no longer need to sleep with a cervical collar, my sciatica is fixed, as well as many other areas of my body that were in constant severe pain. I now take little and no pain medication. Positional Release Therapy along with other simple aids have helped me get back to a more normal life. The book is written so clear that a person without medical knowledge can effectively use the procedures. The good thing is you can't mess something else up by doing it wrong. You follow the directions and pictures until you get it right. Surgery was recommended by doctors on my back and this is now not a necessary option for me.

The most up-to-date professional reference text on positional release therapy, this high-quality clinical text is applicable to the entire musculoskeletal system and easily integrated into physical therapy, chiropractic and osteopathic curriculums. With more than 600 illustrations and photos, this reader-friendly book clearly demonstrates tender point locations, treatment positions and other key topics. Written by clinicians who studied under the technique's inventor, this is a must-have for students and health care professionals who practice manual medicine.