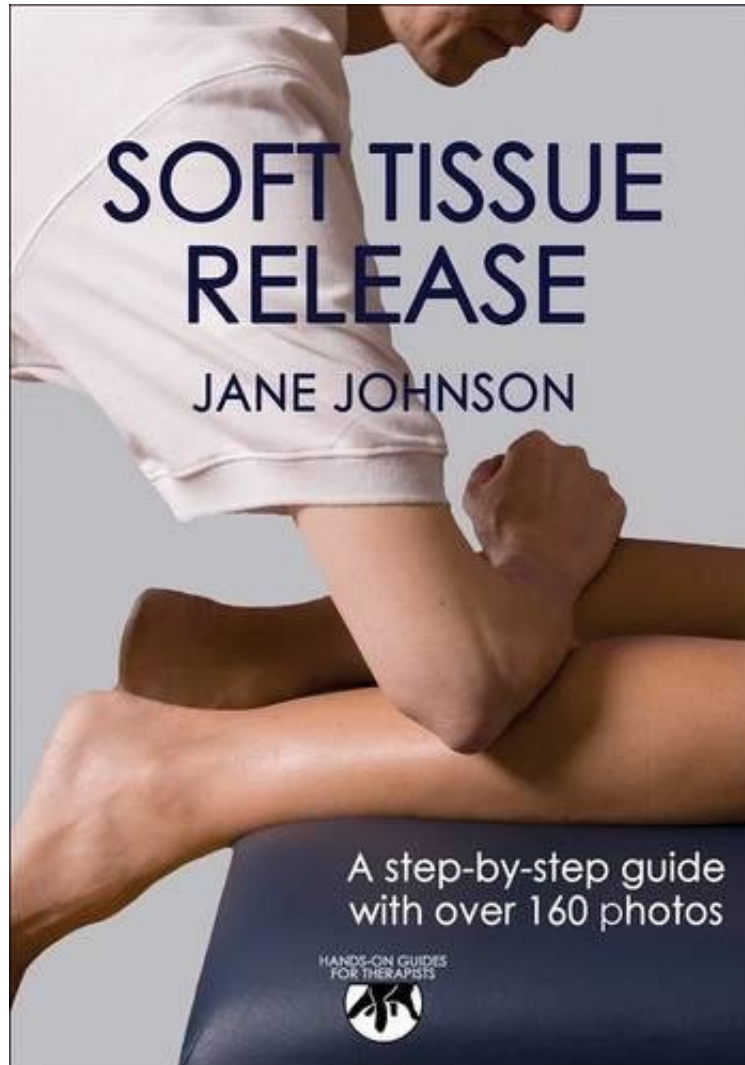


Soft Tissue Release

Jane Johnson

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Jane Johnson : Soft Tissue Release before purchasing it in order to gauge whether or not it would be worth my time, and all praised Soft Tissue Release:

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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 number for the complete instructions for that technique. Finally, Soft Tissue Release shows how to incorporate the proper techniques into a treatment program. The book guides readers through the consultation process and provides examples of initial questions to ask clients and various assessment forms that therapists can use in identifying clients' needs. Using case studies and comparisons, the book shows how the data gleaned from clients can guide the design of an effective treatment program. Soft Tissue Release will help the STR techniques come alive through its clear, detailed instruction and the numerous photos showing the techniques being applied by professionals. Whether you are a student or a professional, Soft Tissue Release will help you gain proficiency and confidence in these techniques.

About the Author Jane Johnson, MSc, is director of the London Massage Company in London, England. As a chartered physiotherapist and sports massage therapist, she has been using and teaching soft tissue release (STR) for many years and has a thorough grounding in anatomy, which she uses to explain STR in straightforward terms. She has worked with numerous client groups, including athletes, recreational exercisers, office workers, and older adults; this experience has enabled her to adapt STR for various types of clients and provide tips for readers. Johnson has taught advanced massage skills for many years and has worked as a fitness instructor, massage therapist, and physiotherapist. She frequently presents STR at conferences and exhibitions for therapists. Johnson is a full member of the Chartered Society of Physiotherapists and is registered with the Health Professions Council. She is a consultant and examiner in sports massage for the Association of Physical and Natural Therapists and is a member of the Institute of Anatomical Sciences. In her leisure time, she enjoys writing articles and newsletters for therapists, taking her dog for long walks, and visiting museums and exhibitions relating to human sciences.