
Fascial Stretch Therapy

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Deeper Still

Authentic Embodiment for Yoga Teachers

Deeper Still is the next stage of an ongoing process and a consequence of further inquiry into the yoga experience from

author John Stirk. Following on from *The Original Body* this book invites an even deeper immersion into the reality of practice and the totality of personal experience in accessing the power of our inner teacher. As the theme of this book unfolds the reader is invited towards a sensory understanding leading to profound insight. Teachers using this book will be able to share with their students the clarity, mental space and basic wisdom that emerges as a result of their awakening physiology. We may frequently acknowledge that we are there with the group. Experience may tell us that 'there-ness' is not fixed, that it is based on an unknown element upon which all creativity is founded. *Deeper Still* goes beyond current experience and invites teachers to write their own story, develop their own script, ride the uncatchable wave that might be called yoga, and open up creativity to the next level. *Deeper Still* enables teachers to take their students to a deeper dimension. It also provides a basis for off the chart experiences appeals to the depth mind through a deepening physical experience invites a more profound contact with groups brings out the essence of yoga in students as a consequence of a deeper creativity highlights emergent insight as a feature of group work blends an ancient concept with modern western yoga draws attention to the relationship between soft tissue sensitivity and the quality of consciousness examines the potential for abundant resonance in group work and the so called 'universal experience'

Stretch to Win-2nd Edition

Human Kinetics

This proven program used by today's top athletes, coaches, trainers, and therapists will improve flexibility, reduce injury, and optimize performance. The new edition includes the latest research, new flexibility assessments, new stretching matrix, and dozens of the most effective stretches to personalize a program for any athlete, sport, or event.

Muscle Testing *Handspring Publishing Limited*

Muscle testing - A Concise Manual, provides a reference for understanding how structure relates to function, and how by knowing function we can learn structural configurations. Often muscular anatomy is taught as a dry subject whereby each muscle is painstakingly reviewed and the learner is expected to cite origin, insertion, action, nerve supply and blood supply. This commonly used approach may not necessarily aid understanding of muscle function, nor does it demonstrate muscular positioning. Through muscle testing, one is better equipped to consider how muscles function individually and in working groups. It is the knowledge of symmetrical movement, range of motion, contractile patterns, resistance and gravity that provides the fuller picture for muscle function and dysfunction. The text is organised in such a way as to enable the reader to understand anatomical position and assessment of muscular contractile strength. The manual provides movement-relevant illustrations to aid understanding of muscle location and testing positions. This is further enhanced through links to video footage for each test. The book summarises the key anatomical facts and figures, give methods for muscle testing by several techniques, and provides clinically useful information to supplement the tests.

Fascial Stretch Therapy - Second Edition

Fascial Stretch Therapy shows how assessment, treatment, and training are used in a variety of common circumstances encountered in manual therapy and athletic training. The second edition: Discusses a very brief history of a still expanding and evolving new industry of assisted stretching. It also covers the

negative aspects of this trend, including the lack of assessments and specificity and common stretching methods. Approaches are listed so you can compare and contrast. Includes a new Chapter 2 with updates of the highest quality evidence-based research useful to the field of assisted stretching. It includes the authors' own research about the effects of FST on chronic nonspecific low back pain as well as a discussion about a recent systematic review of the acute effects of muscle stretching on physical performance range of motion, and injury incidence in healthy active individuals. Lists contraindications and indications for FST along with new updates to reflect current understandings (e.g. about Golgi tendon organs) with supporting references. Shows how this method will save you time when forming a working hypothesis that will quickly be proven or disproven so that you will have enough time to develop other hypotheses that you can test for efficacy, all within a single session. Includes new photographs and artwork along with new titles to reflect the change in nomenclature from the use of the term 'fascial line(s)' to 'fascial net(s)'. For manual therapists, bodyworkers and massage therapists, movement instructors, physical and occupational therapists, physiotherapists, athletic and sports trainers, fitness instructors, osteopaths and hands-on practitioners from all disciplines.

Fascial Stretch Therapy *Handspring Publishing Limited*

Fascial Stretch Therapy shows how assessment, treatment and training are used in a variety of common circumstances encountered in manual therapy and athletic training. This book: describes and shows the therapist or trainer how to integrate FST in their current practice, business or workplace to enhance what they already do and provide. Section 1 redefines, clarifies and describes the many layers of therapeutic stretching showing where FST can be most useful summarizes relevant evidenced based studies and cites scientific support giving the professional confidence in using the techniques covers specific examples of how FST integrates with many other methods used in manual therapies, fitness and sport training, rehabilitation and corrective exercise, movement re-education and motor repatterning. provides specific indications and information on the most common diagnoses and conditions and how best to use FST Section 2 provides detailed description of the FST technique with many explanatory photographs Intended readership: For manual therapists, bodyworkers and massage therapists, movement instructors, physical and occupational therapists, physiotherapists, athletic and sports trainers, fitness instructors, osteopaths and hands-on practitioners from all disciplines.

Fascial Fitness, Second Edition

Practical Exercises to Stay Flexible, Active and Pain Free in Just 20 Minutes a Week *North Atlantic Books*

A bestseller (over 80,000 copies sold) in a second, updated edition. Learn fascial exercises to improve mobility and flexibility, avoid and treat pain, and improve sports performance. In this second edition of his best-selling guide to fascial fitness, fascia researcher and Rolfing therapist Dr. Robert Schleip shows you a series of practical exercises that you can easily build into your day-to-day routine. He introduces the most recent scientific findings from the world of fascial research, and explains which methods and equipment are most effective for fascial health (as well as which ones do more harm than good!). These new findings are already changing the shape of physiotherapy and the methods of treatment and recovery we use today, and will continue to do so in the future. Physiotherapists, sports scientists, and doctors agree that if we want to stay flexible, energetic and

pain-free in our day-to-day lives and sporting pursuits, we need to look after our connective tissue - our 'fascia'. There has been a great deal of research into this over the last few years, all of which shows that the fascia around our muscles plays a huge role in keeping us fit, healthy, flexible, and feeling good. This versatile tissue transfers energy to the muscles, communicates with the nervous system, acts as a sensory organ, helps to protect and regenerate our internal organs, and provides the foundations for a healthy physique. We used to think it was our muscles doing all the work, but now we know the connective tissue plays a big part, too. It responds to stress and other stimuli, and when it gets matted or sticks together, it can cause pain and mobility problems. That's why it's so important to train our fascia - and just 10 minutes, twice a week is all it takes!

Myofascial Stretching: a Guide to Self-Treatment

IMPORTANT! Many of the techniques in the book require the use of a small inflatable ball to apply pressure into the fascial restrictions. Balls must be purchased separately. Through a lot of research and experimentation, we have found what we feel to be the highest quality, longest lasting 4" inflatable ball on the market. They are available through this link: https://www.amazon.com/gp/product/B088P9THQK?pf_rd_r=27AMK3Y5T3P8H12P8RQJ&pf_rd_p=edaba0ee-c2fe-4124-9f5d-b31d6b1bfbee Myofascial Stretching: A Guide to Self-Treatment is a manual of techniques that, when completed properly, results in permanent lengthening of the body's connective tissue and dramatically improves health and quality of life. It was written for the lay person who has chronic pain, muscular tightness and/or postural dysfunction; and also for therapists to use to recommend home exercise programs for their patients. Myo means muscle. Fascia is the tough connective tissue surrounding every cell of the body from head to toe like a three-dimensional spider web. Injury, trauma, inflammation and poor posture cause the fascial system to tighten, putting pressure on muscles, nerves, blood vessels, bones, organs and the brain. Resulting symptoms include pain, restriction of motion, and structural misalignment, which can impair daily functioning and athletic performance. Myofascial Stretching removes this abnormal pressure, allowing the body to return to optimal function. The book follows Myofascial Release principles, using sustained pressure and tissue elongation. Two ways to do Myofascial Stretching are included: one using a 4-inch inflatable ball and one utilizing active elongation. The two methods complement each other, especially if one first releases tight tissue with the ball and follows up with an elongation stretch to the same area. Myofascial Stretching differs from traditional stretching in four primary ways. 1. Time. All stretches, with or without the ball, must be held continuously for minimum 90 to 120 seconds before the fascia begins to let go. It is not uncommon to hold a technique for 3-5 minutes or more in order to release multiple layers of tightness or restriction. The result is permanent release of the tissue, as opposed to temporary results achieved with traditional 30 second stretching. 2. Active elongation. This is what allows one to engage the fascial barrier. 3. Conscious Presence. It is exponentially more effective when you are able to focus on the tension in the tissue, direct your breath into the restriction, notice the resulting slack as the release takes place, elongate into the next barrier and wait for another release to occur. Regular practice will increase body awareness, and result in improved focus and groundedness. 4. Simultaneous Stretching and Strengthening. During active elongation, muscle groups opposing the tight fascia have to contract in a sustained manner. This strengthens them, thereby helping to maintain the elongated state of the tissue just released. Following an introduction to the Myofascial Release

approach, the book includes a photograph of every technique with an accompanying narrative description. The 12 book sections relate to different parts of the body with a chart to help decide where to start depending on symptoms. This arbitrary division is for simplification in organizing the information. In treatment the body is always considered as a whole. Utilizing Myofascial Release principles for stretching causes a permanent softening and lengthening of connective tissue. This results in decreased pain, enhanced daily functional abilities, refined athletic performance, increased ease of movement and improved posture. It is extremely empowering to see and feel these results in your body and in your life, and to know you have the ability to manage and diminish your own pain, while saving money normally spent on various practitioners. It is time to Feel Good Again!

Fascia, Function, and Medical Applications CRC Press

Fascia, Function, and Medical Applications is essential reading for medical and allied health practitioners who want to bring scientific insights of the importance of fascia to human health into their clinical practices. Fascia - the biodynamic tissue that connects every muscle, bone, organ, and nerve in the body - is fast becoming the latest trend in healthcare and allied health modalities. This book is edited by David Lesondak, University of Pittsburgh Medical Center, author of the international bestseller *Fascia: What it is and why it matters*, and Angeli Maun Akey, MD, international physician educator and board certified in both internal and integrative medicine. It contains contributions from a team of top researchers and expert practitioners including physicians, clinicians, therapists, dissectors, and surgeons. Fully illustrated in color, this book presents the latest scientific knowledge of fascia and explains insights into problems like chronic pain and myriad musculoskeletal symptoms that may not respond to conventional treatments. It gives practitioners the information they need to make better decisions to improve the health of patients often without pharmaceuticals or surgeries. **FEATURES** • Provides comprehensive overview of how fascia, as a tissue and a system, affects various body functions and systems, from musculoskeletal disorders to nervous system, circulatory, and auto-immune function. • A section devoted to medical applications highlights a comprehensive and critical overview of various fascial therapies. • Gives practitioners the knowledge they need to refer or add as an adjunct therapy to their department or rehabilitation team. This is a cutting-edge, practical guide that will appeal to researchers, physicians, and clinicians alike.

Moving Stretch

Work Your Fascia to Free Your Body North Atlantic Books

Introducing a fun and effective fitness program that uses resistance stretching to increase strength, release tension and pain, rejuvenate tissues, and much more This accessible guide gives step-by-step instructions for people who feel tight or older than they should, people with poor posture, athletes who want to boost their performance, and those who want something more than conventional stretching. This book provides you with many different stretches for the whole body including the hands and feet, as well as routines for specific goals such as improving posture, helping office workers stay healthy, stretching the back, and more. Even those with sedentary lives will see and feel a difference, with just 10-20 minutes of stretching yielding benefits that may last the whole day. Many of us are limited in our movements, hunched over, or tight. Ideally, we would move in a variety of ways throughout the day, keeping our bodies fresh and

youthful. However, office jobs and sofas can lead to bodies that are imprisoned in a cage of tension, whose tissue is dehydrated and stuck together, with some areas that are very weak or tight. Normal stretching is not strong enough to break us out of that state. When we tense our bodies and move through that tension, we engage the fascia and recondition it into a more youthful state, restoring great posture, elasticity, and power.

Fascia: The Tensional Network of the Human Body - E-Book

The science and clinical applications in manual and movement therapy *Elsevier Health Sciences*

This book is the product of an important collaboration between clinicians of the manual therapies and scientists in several disciplines that grew out of the three recent International Fascia Research Congresses (Boston, Amsterdam, and Vancouver). The book editors, Thomas Findley MD PhD, Robert Schleip PhD, Peter Huijing PhD and Leon Chaitow DO, were major organizers of these congresses and used their extensive experience to select chapters and contributors for this book. This volume therefore brings together contributors from diverse backgrounds who share the desire to bridge the gap between theory and practice in our current knowledge of the fascia and goes beyond the 2007, 2009 and 2012 congresses to define the state-of-the-art, from both the clinical and scientific perspective. Prepared by over 100 specialists and researchers from throughout the world, *Fascia: The Tensional Network of the Human Body* will be ideal for all professionals who have an interest in fascia and human movement - physiotherapists, osteopathic physicians, osteopaths, chiropractors, structural integration practitioners, manual therapists, massage therapists, acupuncturists, yoga or Pilates instructors, exercise scientists and personal trainers - as well as physicians involved with musculoskeletal medicine, pain management and rehabilitation, and basic scientists working in the field. Reflects the efforts of almost 100 scientists and clinicians from throughout the world Offers comprehensive coverage ranging from anatomy and physiology, clinical conditions and associated therapies, to recently developed research techniques Explores the role of fascia as a bodywide communication system Presents the latest information available on myofascial force transmission which helps establish a scientific basis for given clinical experiences Explores the importance of fascia as a sensory organ - for example, its important proprioceptive and nociceptive functions which have implications for the generation of low back pain Describes new imaging methods which confirm the connectivity of organs and tissues Designed to organize relevant information for professionals involved in the therapeutic manipulation of the body's connective tissue matrix (fascia) as well as for scientists involved in basic science research Reflects the increasing need for information about the properties of fascia, particularly for osteopaths, massage therapists, physiotherapists and other complementary health care professionals Offers new insights on the fascial related foundations of Traditional Chinese Medicine Meridians and the fascial effects of acupuncture

Fascial Stretch Therapy - Second edition *Handspring Publishing Limited*

The beautiful new edition of this highly successful book, written by Ann and Chris Frederick, directors of the Stretch to Win(R) Institute, is packed with theory and practice, including a host of beautifully illustrated assisted stretches. *Fascial Stretch Therapy Second edition* is a practical and highly applicable manual for any massage therapist, movement instructor, physical or

occupational therapist, athletic or sports trainer, fitness instructor or osteopath - in fact for any hands-on practitioners who wants to learn new skills and improve therapeutic outcomes. It clearly demonstrates how FST assessment, treatment, and training are used in a variety of common circumstances encountered in manual therapy and athletic training. What's new for the second edition... Discusses a very brief history of a still expanding and evolving new industry of assisted stretching. It also covers the negative aspects of this trend, including the lack of assessments and specificity and common stretching methods. Approaches are listed so you can compare and contrast. Includes a new Chapter 2 with updates of the highest quality evidence-based research useful to the field of assisted stretching. It includes the authors' own research about the effects of FST on chronic nonspecific low back pain as well as a discussion about a recent systematic review of the acute effects of muscle stretching on physical performance range of motion, and injury incidence in healthy active individuals. Lists contraindications and indications for FST along with new updates to reflect current understandings (e.g. about Golgi tendon organs) with supporting references. Shows how this method will save you time when forming a working hypothesis that will quickly be proven or disproven so that you will have enough time to develop other hypotheses that you can test for efficacy, all within a single session. Includes new photographs and artwork along with new titles to reflect the change in nomenclature from the use of the term 'fascial line(s)' to 'fascial net(s)'.

Overcome Neck & Back Pain *Simon and Schuster*

Provides readers suffering from chronic back pain with an accessible program based on both Eastern and Western medicine, including yoga and stretching exercises

Facilitated Stretching *Human Kinetics*

The text provides a useful overview of PNF stretching - safe and easy-to-use method that involves stretching the muscle, contracting it isometrically against resistance, then stretching it again to a new range of motion. Whether you're a fitness professional, therapist, coach, athlete, or student, *Facilitated Stretching, Third Edition*, will help you assess current muscle function, improve range of motion, increase strength, reduce overuse injuries, and enhance performance.

Stretching Therapy

For Sport and Manual Therapies

This practical resource examines the research, theory, and practice associated with stretching therapy. Anatomical illustrations and clear descriptions make it easy to learn which muscles are affected by specific treatment techniques. Full-color photographs show correct positioning of the patient and the therapist, with explanations of each movement on the same page or two-page spread. Comprehensive information on stretching provides essential knowledge for sports therapy or other manual therapy practice. Easy-to-access format presents each topic on a single page or page spread. Full-color photographs illustrate the correct position of the patient. Two-color anatomical illustrations show the position of the muscle involved in each technique.

Fascia *Handspring Publishing Limited*

This book serves as a primer for all professionals: doctors, physical therapists, osteopaths, massage therapists, yoga teachers, or fitness professionals, to give them a solid working knowledge of fascia both as a tissue and a system. Lavishly illustrated and with a strong storyline, each chapter logically

connects the reader to the next (rather like the fascia itself) and gives the reader a clear understanding of the clinical significance of fascia, the latest in fascia science, and how the fascial system interacts with the other systems of the body from the cellular level on up. This book, while complete unto itself, will also serve as a valuable reference for deeper study.

Fascia Research

Basic Science and Implications for Conventional and Complementary Health Care

Active Isolated Stretching

The Mattes Method

Free Your Fascia

Relieve Pain, Boost Your Energy, Ease Anxiety and Depression, Lower Blood Pressure, and Melt Years Off Your Body with Fascia Therapy *Hay House, Inc*

Transform your health with this cutting-edge guide to fascia, your body's "hidden organ." Dr. Daniel Fenster guides the reader through a holistic self-therapy program as well as professional treatments to address issues such as chronic pain, anxiety, high blood pressure, GERD, and more. At the #1 pain management clinic in New York City, director Dr. Daniel Fenster has changed thousands of lives for the better through a holistic approach and integrative therapies. His experience has revealed to him that treating the fascia--your long ignored, unappreciated, "hidden organ" that weaves around and through every single structure in your body--is crucial for both physical and mental health. Within these pages, Dr. Fenster will reveal all you need to know about fascia, including:

- The 8 "villains" that hurt your fascia and how to combat them
- A "free your fascia" quiz to assess what therapies are right for you
- 20 recipes to nourish your fascia with the nutrients it needs
- Simple, at-home exercises and do-it-yourself therapies for releasing and optimizing your fascia
- Advice for working with professionals and the most powerful tools in fascial manipulation
- Exclusive to this book: interviews between Dr. Fenster and 10 of the leading-edge fascia researchers and experts. By "freeing your fascia," you'll feel stronger, healthier, and happier from head to toe!

Fascial Release for Structural Balance, Revised Edition *North Atlantic Books*

This thoroughly revised edition of the authoritative reference *Fascial Release for Structural Balance* brings the book up to date with all of the most current research on the role of fascia and myofascia in the body, and how treatment affects it. This edition takes advantage of more sophisticated testing to explore in greater detail the relationship between anatomical structure and function, making it an even more essential guide. Offering a detailed introduction to structural anatomy and fascial release therapy, including postural analysis, complete technique descriptions, and the art of proper assessment of a patient through "bodyreading," the book features 150 color photographs that clearly demonstrate each technique. The authors, both respected bodywork professionals, give any bodywork practitioner using manual therapy—including physiotherapists, osteopaths, chiropractors, myofascial and trigger point therapists, and massage therapists—the information they need to deliver effective treatments and create long-lasting, systemic change in clients' shape and structure. Fascia, the soft tissue surrounding muscles, bones, and organs, plays a crucial role in

supporting the body. By learning to intelligently manipulate it, a bodyworker or therapist can help with many chronic conditions that their clients suffer from, providing immediate pain relief as well as reducing the strains that may contribute to the patient's ongoing aches and pains, leading to rapid, effective, and lasting pain relief. James Earls and Thomas Meyers argue that approaching the fascia requires "a different eye, a different touch, and tissue-specific techniques."

Therapeutic Stretching in Physical Therapy

Towards a Functional Approach *Elsevier Health Sciences*

"This is a highly enjoyable and well presented book that I recommend for any clinician from student to experienced practitioner. It is suitable for all physiotherapists, manual therapists, sports physiotherapists/therapists, strength and conditioning coaches, sports scientists, athletes and patients who would like to understand, recover and improve their range and ease of movement." Jimmy Reynolds, Head of Sports Medicine - Academy, Ipswich Town Football Club, Oct 14

Helps transform thinking about the therapeutic value of stretching and how it is best applied in the clinical setting Examines the difference between therapeutic and recreational stretching Focuses on the use of stretching in conditions where individuals experience a loss in range of movement (ROM) Explores what makes stretching effective, identifying behaviour as a main driving force for adaptive changes Discusses the experience of pain, sensitization and pain tolerance in relation to stretching and ROM recovery Contains over 150 photographs and 45 minutes of video describing this new revolutionary approach Applicable to a variety of perspectives including osteopathy, chiropractic, physical therapy, sports and personal trainers Ideal for experienced practitioners as well as those taking undergraduate and postgraduate courses

Stretching & Flexibility *Bodypress*

Whether you're an office worker wondering how to stretch that tight spot between your shoulders and neck, a martial artist wanting to do side-splits, a weekend athlete aiming to achieve more whole-body rotation to improve your golf swing or whether you just want to relax your back after housework, Kit Laughlin's bestselling *Stretching & Flexibility* will make it all possible. Inside you will find effective exercises for all the usual places people want to stretch: hips, hamstrings and legs-apart movements. In addition, there are hand, wrist and forearm exercises, a full range of neck and shoulder exercises and a variety of ankle and feet exercises. There are even exercises to help you spread your toes and strengthen your arches!

Stretching and Pregnancy *Bodypress*

Keeping fit during pregnancy is highly beneficial for the health of both mother and baby. But many women remain at work during pregnancy, and finding time for regular exercise can be difficult. Let Kit and Jennifer show you how this can be done, in the privacy of your home. Includes stretching, strengthening, and relaxation exercises, and essential information on nutrition, and much more.

The Permanent Pain Cure *McGraw Hill Professional*

Are you taking medication or considering surgery because of pain? Have you lived with low-level muscle or joint pain for years? Imagine your life today without pain. Imagine you hold the key to eliminating any future pain. Find it inside this book: a groundbreaking drug- and surgery-free healing plan from master pain therapist Ming Chew. The Ming Method includes: Total pain

relief with no drugs, no side effects, no surgery Fifteen-minute therapy sessions you can perform in your living room Self-diagnosis techniques to tailor treatment to your individual pain The proper hydration and supplementation for optimum health For twenty years, master pain therapist Ming Chew has treated scores of patients with his method. It doesn't mask or "manage" your pain. Unlike traditional medicine, it works by targeting the fascia, a poorly understood connective tissue, to permanently fix your underlying problem, not just mask symptoms. Hydrating, supplementing, and stretching and strengthening the fascia are the keys to The Permanent Pain Cure. The best part? A typical therapy session lasts only fifteen minutes and can be done in your living room. Try the Ming Method yourself and reclaim your quality of life, your freedom of movement, your joy--and do it in as little as fifteen minutes a day. Your pain-free life begins today!

The Anatomy of Stretching *North Atlantic Books*

An in-depth instructional manual on the anatomy of the stretching body features full-color illustrations that demonstrate how muscles are worked during 115 key stretches, in a reference that discusses the benefits of stretching, rules for safe stretching, and more. Original.

Fascia

What It Is and Why It Matters

Anatomy Trains

Myofascial Meridians for Manual and Movement Therapists *Elsevier Health Sciences*

An accessible comprehensive approach to the anatomy and function of the fascial system in the body combined with a holistic.

Oncology Massage *Handspring Publishing Limited*

In Oncology Massage - an integrative approach to cancer care the authors have created a textbook which will provide both experienced and inexperienced therapists with a resource to expand their knowledge and understanding of working with people with cancer. Cancer occurrence and survivorship are now so common that every massage therapist will at some time work with clients who have been through cancer treatment. The short and long-term effects of biomedical cancer treatment require massage therapy adaptations to pressure, site, position and duration to provide safe and effective treatments. Informed massage therapists can support the body to promote overall wellness as well as identify the underlying secondary effects of cancer treatment that contribute to physical dysfunction. Oncology Massage: An Integrative Approach to Cancer Care provides massage therapists with essential information for: Treatment planning based on the physiology of cancer and cancer treatments Critical, thoughtful treatment decision making Consideration of the psychosocial effects of cancer Enhancing therapist self-awareness and building a therapeutic relationship. The information is presented in a clear and simple format with plentiful use of illustrations and information boxes which allows it to be used both as a learning tool for those new to the field of oncology massage and as a resource for quick referral when working with new patients. The techniques of massage therapy change very little; it is the knowledge and understanding of their use that distinguishes a massage therapist. Oncology Massage is unusual in that it includes contributions not only from a range of experienced practitioners but also from people with cancer who have received

massage during and after cancer treatment. This feedback from clients provides an invaluable addition to the understanding of how massage can be used as a safe and effective part of cancer care.

The Genius of Flexibility

The Smart Way to Stretch and Strengthen Your Body *Simon and Schuster*

Stretches for sixteen unique muscle groups with physiological and psychological benefits. The Technique: RESISTANCE STRETCHING® offers immediate, cumulative, and permanent increases in flexibility, takes the pain out of stretching, and protects you from injuring yourself by overstretching.

Greenman's Principles of Manual Medicine *Lippincott Williams & Wilkins*

"This fully updated practical resource opens up one of the most enduring, yet continually evolving, areas of health care - manual medicine. With this informative, highly illustrated text, you'll learn the basic principles, specific techniques, and adjunct procedures of the discipline - including the use of exercise for prevention and treatment of common lower quarter neuromuscular syndromes."--BOOK JACKET.

Myofascial Pain and Dysfunction

The Trigger Point Manual *Lippincott Williams & Wilkins*

...gives a thorough understanding of what myofascial pain actually is, and provides a unique and effective approach to the diagnosis and treatment of this syndrome for the lower body muscles.

BodyReading: Visual Assessment and the Anatomy Trains

This is a bright new easy-to-follow guide to building great visual assessment skills. Compiled from a Massage & Bodywork article series, Tom has updated the articles and added illustrations to allow the concepts to be easily understood. The first chapters outline the method and the way it can be successfully integrated into your practice, including charting and making the client feel comfortable with it. Each subsequent chapter deals with the Anatomy Trains lines, giving visual assessment and strategy points for each with diagrams, model photos, and more.

Digging Knee Deep *Xlibris Corporation*

Digging Knee Deep is a children's book to help encourage, cultivate, and provide examples of positive, healthy habits. The story will show how different the results can be applying positive habits or not. The two main characters find themselves in different circumstances that would end with very different results. The habits highlighted in Digging Knee Deep are Goal Setting, Beginning With the End in Mind, Managing Impulses, and Persistence. Literary Elements highlighted are foreshadowing, hyperbole, idioms, personification, imagery, simile, onomatopoeia, alliteration, crossover time, and circular beginning/ending. Teaching suggestions are given to further comprehension and implementation of positive habits.

Fascial Release for Structural Balance *North Atlantic Books*

"Fascial release for structural balance is a fully illustrated introductory guide to structural anatomy and fascial release therapy"--Provided by publisher.

The Endless Web

Fascial Anatomy and Physical Reality *North Atlantic Books*

The result of more than two decades of research and practice, *The Endless Web* presents in clear, readable language a comprehensive guide to understanding and working effectively with the myofascial system, the 'packing material' of the body. Myofascia is a flexible network of tissue that surrounds, cushions, and supports muscles, bones, and organs. It also acts as a riverbed containing the flow of interstitial fluid, and is a critical influence on the immune and hormonal systems. In daily life, this connective tissue is an underlying determinant of movement quality, mood, alertness, and general well-being. *The Endless Web* is a fully illustrated guide to understanding how myofascia works, its supportive role within the body's anatomy, and how gentle manipulation of the myofascial tissue is central to lasting therapeutic intervention and how it can be integrated into any bodywork practice.

Functional Atlas of the Human Fascial System *Elsevier Health Sciences*

Principally based on dissections of hundreds of un-embalmed human cadavers over the past decade, *Functional Atlas of the Human Fascial System* presents a new vision of the human fascial system using anatomical and histological photographs along with microscopic analysis and biomechanical evaluation. Prof. Carla Stecco – orthopaedic surgeon and professor of anatomy and sport activities – brings together the research of a multi-specialist team of researchers and clinicians consisting of anatomists, biomechanical engineers, physiotherapists, osteopaths and plastic surgeons. In this Atlas Prof. Stecco presents for the first time a global view of fasciae and the actual connections that describe the myofascial kinetic chains. These descriptions help to explain how fascia plays a part in myofascial dysfunction and disease as well as how it may alter muscle function and disturb proprioceptive input. Prof. Stecco also highlights the continuity of the fascial planes, explaining the function of the fasciae and their connection between muscles, nerves and blood vessels. This understanding will help guide the practitioner in selecting the proper technique for a specific fascial problem with a view to enhancing manual therapy methods. *Functional Atlas of the Human Fascial System* opens with the first chapter classifying connective tissue and explaining its composition in terms of percentages of fibres, cells and extracellular matrix. The second chapter goes on to describe the general characteristics of the superficial fascia from a macroscopic and microscopic point of view; while the third analyzes the deep fascia in the same manner. The subsequent five chapters describe the fasciae from a topographical perspective. In this part of the Atlas, common anatomical terminology is used throughout to refer to the various fasciae but it also stresses the continuity of fasciae between the different bodily regions. Over 300 unique photographs which show fascia on fresh (not embalmed) cadavers demonstrate the composition, form and function of the fascial system. Highlights the role of the deep fascia for proprioception and peripheral motor coordination. Companion website – www.atlasfascial.com – with videos showing how fascia connects with ligaments.

Science of Flexibility

"Science of Flexibility has long been considered the leading reference on the topic, and this new edition reaffirms that status. No other book covers these concepts and principles better." "Based on the latest research, this completely revised and updated edition includes five new chapters, nearly doubling the content. These chapters discuss the hypermobility of joints, joint manipulation and chiropractic adjustment, controversial stretches, the relationship of stretching and special populations,

and the functionality of stretching and flexibility for specific sports and health conditions." "With more than 1,400 scholarly and professional references and over 200 illustrations, photos, and tables, *Science of Flexibility* is invaluable for exercise scientists, health/fitness professionals, athletic trainers, sport physical therapists and chiropractors, massage therapists, instructors and practitioners of dance, yoga, and the martial arts."--BOOK JACKET. Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

What's In Your Web?**Stories of Fascial Freedom** *BalboaPress*

PAIN? POOR POSTURE? ANXIETY? CHRONIC EXHAUSTION? The issue may be your tissue! Your connective tissue, also known as fascia, may be the primary source of your problems. Since fascial restrictions don't show up on medical scans (X-rays, MRIs, etc) they are commonly overlooked as potential causes for pain and dysfunction but they wreak havoc on the body. This book will teach you the basics of fascia and share many examples of how Myofascial Release (MFR) as taught by John F. Barnes, PT can restore the fascial system to optimal health and function.

Muscle Medicine**The Revolutionary Approach to Maintaining, Strengthening, and Repairing Your Muscles and Joints** *Simon and Schuster*

A leading orthopedic surgeon and a top sports chiropractor team up to offer a groundbreaking new approach to remaining injury-free and recovering from injury faster. Muscle injuries are not just for sports superstars anymore. Back, shoulder, hip, and knee problems bedevil more and more people than ever before. *Muscle Medicine* provides a way to prevent such injuries from happening and to treat them when they do without drugs or surgery. The product of a collaborative effort between two widely recognized authorities on sports injuries, *Muscle Medicine* relies on cutting-edge medical and therapeutic expertise to deliver what many doctors cannot: explanations of how to maintain good muscle health, how to treat common muscle injuries, such as "Tennis Elbow" and "Cell Phone Neck," and how to determine when joint surgery is and is not necessary for some common orthopedic problems. By focusing on the health of our muscles, we can prevent many sports injuries from occurring and recover faster from the ones that do, say the coauthors, whose A-list clients have included John McEnroe and Elisabeth Hasselbeck. Featuring more than 100 illustrations that show the basics of muscle mechanics, along with various stretching, strengthening, and self-treatment exercises, *Muscle Medicine* will help readers enjoy pain-free, active lives no matter what their age or activity level.

Dry Needling for Manual Therapists**Points, Techniques and Treatments, Including Electroacupuncture and Advanced Tendon Techniques** *Singing Dragon*

Designed to be a go-to reference for assessment and treatment planning in the clinic, this is a clear and concise handbook for students and practitioners of dry needling, or medical acupuncture. It includes: · Comprehensive medical illustrations demonstrating trigger point locations and associated pain referral patterns · Easy-to-follow instructions and photographs demonstrating musculoskeletal dry needling points and electroacupuncture techniques · Dedicated section on the acupuncture treatment of tendinopathy · Vital information on

palpation and correct needling techniques · Practical guidance on best practice, safety and treatment planning · Overviews of the history and key principles of Traditional Chinese medicine and acupuncture · Up-to-date research on the effect of acupuncture in the treatment of MSK conditions, myofascial pain, trigger points (MTrPS), fascia and pain. The book will be an essential aid for osteopaths, physiotherapists, sports rehabilitators, chiropractors, massage therapists, as well as traditional acupuncturists wishing to understand a Western approach on acupuncture. Other health professionals incorporating, or looking to incorporate dry needling into their treatment programme, will also find this book an invaluable resource.

Myofascial Induction

An Anatomical Approach to the Treatment of Fascial Dysfunction

In these unique and lavishly illustrated books and their

accompanying videos, the practitioner can for the first time see the effect of manual interventions on underlying body structures. Using over 700 photographs and diagrams these volumes reveal fascial architecture to the reader in all its glory, and sets out the principles and practice of Myofascial Induction. The author's own teaching and practice provide the material that explains and illustrates fascial anatomy and therapeutic procedures. The beautiful full color photographs and videos of dissections of non-embalmed cadavers show the continuity of the fascial system and its dynamic links to other body systems. By demonstrating the effect that therapy has on body structures the book will be of interest and practical value to the physical therapist, osteopath, chiropractor, physician and all bodyworkers dedicated to manual therapy, as well as to researchers wishing to build on this ground-breaking material. Volume 1 covers the science and principles of Myofascial Induction and its applications to the upper body. Volume 2 addresses its applications to the thoracic and lumbar spine, the pelvis, and the lower body.