



Myofascial Release (Paperback)

By Ruth Duncan

Human Kinetics Publishers, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. From technique descriptions and their applications to client interactions and the preservation of practitioner strength and functionality, this guide teaches physiotherapists every crucial aspect of employing myofascial. Its scientifically grounded, whole-body approach presents an overview of the entire fascial matrix - the three-dimensional web of tissue that supports, encompasses and protects every other structure in the body. The explanation of the anatomy and function of the connective tissue system gives practitioners the solid background needed to work most effectively with soft tissue to treat muscle injury, immobility and pain. The book also outlines how myofascial release relates to other massage modalities within the Hands on Guide for Therapists series, ensuring therapists incorporate all of their skills to the greatest effect for their clients.



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