

ADVANCED SOFT TISSUE TECHNIQUES



SECOND EDITION

# POSITIONAL RELEASE TECHNIQUES

**Leon Chaitow**

Contributors

Ed Wilson and Dylan Morrissey

Foreword by

John McPartland



# Positional Release Techniques Leon Chaitow

**Clair Davies, Amber Davies**



## **Positional Release Techniques Leon Chaitow:**

**Positional Release Techniques** Leon Chaitow, 1996 A comprehensive textbook covering all methods of spontaneous release by positioning The background theory is explained and the techniques are described in detail The descriptions of the techniques are supplemented in the text by clear line drawings and diagrams and the new CD ROM provides additional explanation through the use of video demonstrations with narrative by the author Updated to reflect the most recent advances important to Chiropractors Osteopaths Physical Therapists and Massage Therapists     **Positional Release Techniques with on-line videos E-Book** Leon Chaitow, 2015-11-12 Positional Release Techniques continues to be the go to resource for those who want to easily learn and confidently use this manual approach to safely manage pain and dysfunction in humans and animals As well as a structural revision the fourth edition now includes new illustrations and chapters with videos and an image bank on a companion website to reinforce knowledge At its core the book explores the principles and modalities of the different forms of positional release techniques and their application which range from the original strain counterstrain method to various applications in physical therapy such as McKenzie s exercise protocols and kinesio taping methods that unload tissues These methods are traced from their historical roots up to their current practice with a showcase of emerging research and evidence In addition to a series of problem solving clinical descriptions supported by photos of assessment and treatment methods learning is further boosted by practical exercises which examine PRT methodology and the mechanics of their use Emphasises safety and usefulness in both acute and chronic settings Comprehensive coverage of all methods of spontaneous release by positioning Easy to follow and extensively illustrated Balanced synopsis of concepts and clinical approach models throughout Revised content structure New chapters including Strain counterstrain research Positional release and fascia Balanced ligamentous tension techniques Visceral positional release the counterstrain model Redrawn and new artwork     Positional Release Techniques Leon Chaitow, 2002 Building on the success of the 1st Edition and its accompanying video this outstanding how to manual features up to date chapters that cover the latest developments in the field This osteopathic method focuses on allowing spontaneous physiological release of hypertonic muscles including those in spasm The gentleness of positional release techniques the ease of application and the potential for instant response are just a few of the benefits to patients especially in cases of acute spasm and pain It also allows chronically tense tissues to relax making it a useful component of integrated therapeutic interventions that employ other soft tissue and joint normalization procedures A new CD ROM included FREE with the text offers high quality video clips demonstrating specific techniques as well as the entire text of the book in an on screen searchable format     Positional Release Techniques E-Book Leon Chaitow, 2007-12-21 The eBook version of this title gives you access to the complete book content electronically Evolve eBooks allows you to quickly search the entire book make notes add highlights and study more efficiently Buying other Evolve eBooks titles makes your learning experience even better all of the eBooks will work together

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*Integrated Sports Massage Therapy E-Book* Anders Jelvéus,2011-04-19 Integrated Sports Massage Therapy is a highly illustrated evidence based handbook which presents a wide range of effective sports massage techniques to cover any sports related situation Anders Jelveus explains and applies effective techniques from a variety of disciplines of manual therapy ranging from commonly used sports massage strokes to more advanced concepts for real life effective sports massage treatments The presented techniques serve as a great addition for any therapist seeking to work with athletes and are suitable for pre event post event inter event and in remedial sports massage therapy This unique book offers a comprehensive presentation of sports massage therapy including Sports massage history Basic sports massage strokes and work postures Sports massage applications Event based sports massage treatment guidelines Sports specific massage treatment recommendations Therapeutic muscle stretching techniques Therapeutic muscle stretching applied to specific muscle groups Positional Release Techniques PRT Acupressure and Tui Na techniques with applications Myofascial release techniques Connective tissue massage Lymphatic drainage massage Myofascial Trigger Point etiology and treatment techniques Sports injuries Athletic taping Remedial Sports massage applications Athletic self massage techniques The book is suitable for all manual therapy students and practitioners whether novice or advanced including massage therapists physical therapists osteopaths chiropractors naprapaths naturopaths and acupuncturists [The Trigger Point Therapy Workbook](#) Clair Davies,Amber Davies,2013-09-01 This new edition of the bestselling Trigger Point Therapy Workbook

outlines user friendly and updated methods of self massage to help relieve pain This edition also contains new techniques drawings and tips to help readers find and treat trigger points

**Osteopathy and Obstetrics** Dr. Stephen Sandler,2021-10-01 Osteopathy and Obstetrics is already well established as a textbook for postgraduate and undergraduate students of osteopathy In this new edition now in full color throughout the original text has been revised to emphasise the physiological need for change that every pregnant woman undergoes as well as showing the consequential anatomical developments This revised and expanded version also gives greater emphasis in every chapter to safety issues and to ensuring safe practice in diagnosis and treatment The text is divided into three main sections Above the Diaphragm Below the Diaphragm The Pelvis It describes and explains the use of all types of osteopathic techniques including structural techniques myofascial techniques cranial techniques and visceral techniques Osteopaths chiropractors physical therapists and others working in the manual therapy field will find the book invaluable for reference as a practical technique manual The information it offers on how osteopaths can work safely and effectively to treat the common problems often suffered by pregnant women and the potential solutions will also be of interest and value to midwives obstetricians and family practitioners Based on Dr Sandler s lifetime work teaching and treating throughout the world Osteopathy and Obstetrics is a unique contribution to the body of knowledge within the world of osteopathic manual treatment

**Modalities for Massage and Bodywork** Elaine Stillerman,2014-12-18 Ideal for both classroom and practice Modalities for Massage Bodywork 2nd Edition presents 23 modalities of bodywork their history development effects benefits contraindications basic curricula and certification requirements Updated photos and illustrations critical thinking questions and flash cards give you a better picture of today s massage best practices Evolve companion website provides matching activities flash cards answers to multiple choice questions weblinks and video demonstrations of various modalities covered in the text to make learning more interactive Case histories in each chapter illustrate the effects of the modality within a therapeutic context creating the opportunity for integrative clinical reasoning that helps prepare you for work in the various modalities Student objectives and key terms at the start of each chapter provides a framework for what to expect and what to focus on with each chapter In My Experience boxes provide personal insights about specific techniques from experts in the field Full color design and techniques shown with photos and illustrations enhance understanding and comprehension of each modality Multiple choice test questions at the end of each chapter with answers on the Evolve website help you measure your understanding of the modality and obtain instant feedback from the answer key that includes rationales Suggested readings resources and references in each chapter offer robust resources for you to further research each modality Clinically relevant boxes and tables highlight important information NEW Modalities chapters provide you with a greater awareness of the opportunities and options available as they pursue a massage therapy career and practitioners with more practical information they can apply to their work NEW Student resources on Evolve supplement the classroom experience and

ensures you retain the material in the text 23 different body techniques are introduced to help you learn about different modalities you may want to pursue and reaffirm your knowledge of techniques More than 2 hours of video on the Evolve website bring the modalities to life and help put the text instructions in perspective NEW Updated content photos and illustrations equip you with the latest information and visuals on modalities from experts in the field that reflect current practices in the field and the needs and wants of massage therapy practitioners and students NEW Critical thinking questions added to each chapter actively engage and challenge your reasoning skills NEW Additional review questions added to each chapter supply you with more opportunities to review what you have learned and test your knowledge

Fascial Dysfunction Leon Chaitow,2018-11-01 Fascial dysfunction is now recognised as one of the main underlying causes of musculoskeletal pain leading to impaired and reduced mobility These are the symptoms which confront all practitioners of manual therapy in their everyday practice In this second edition of his very successful book Leon Chaitow brings together contributions from 20 leading practitioners and researchers from many different fields of manual therapy Fascial Dysfunction Manual Therapy Approaches Second Edition aims to help those practitioners to assess more precisely the dysfunction of their clients and its cause and to increase practitioner awareness of the various techniques which may help them in their attempts to alleviate their clients problems New features of the Second edition include Descriptions of new research evidence and its implications for practice The dependence of collagen health on a mixture of balanced internal and external tension The importance of adequate hydration The possible role of the telocyte The importance of dosage of therapies in management of fascial dysfunction New chapters on Gua Sha and cupping Global postural re education Scar remodelling The book is in two sections Section I written by Chaitow with a contribution by Tom Myers presents a review of the current understanding of the function of fascia in the human body and describes what can go wrong the causes and effects of fascial dysfunction and disease and how to assess the problem and remove obstacles to the success of treatment Section II contains chapters by experts in different types of manual therapy including three by Chaitow Each practitioner describes their own approach to the problem of assessing and treating fascial dysfunction and explains their specialist therapeutic approach These approaches include Bowen Therapy Connective Tissue Manipulation and Skin Rolling Fascia oriented training applications in sports and movement therapy The Fascial Manipulation method applied to low back pain Fascial Unwinding Balanced Ligamentous Tension Technique Gua sha press stroking and Ba guan cupping traditional East Asian instrument assisted manual therapies Muscle Energy Techniques MET Myofascial Induction Therapy MIT Neuromuscular Technique and associated Soft Tissue Manipulation Modalities Positional Release Techniques including counterstrain Global Postural Re education Souchard Method Rolfing Structural Integration Management of Scars and Adhesions Manual Matrix Remodeling in myofascial injuries scar modeling technique Massage Therapy and Fascia Trigger Point release methods including dry needling

**Muscle Energy Techniques** Leon Chaitow,Ken Crenshaw,2006-01-01 DVD ROM which includes the full text

plus video clips of the author demonstrating many of the techniques

**Fibromyalgia Syndrome** Leon Chaitow, 2000  
Fibromyalgia syndrome FMS is a relatively new condition yet it is estimated that it is the second commonest condition now seen in chronic pain clinics low back pain being the most common This book gives a guide to the diagnosis and management of fibromyalgia syndrome for use by the different groups of clinicians who become involved in the care of those suffering from the condition

**Theory and Practice of Therapeutic Massage** Mark Beck, 2006 This text is known for being comprehensive and readable Often used as the main text for programs that are about 500 hours it covers all the key topics for individuals entering the profession with appropriate balance and depth Individuals entering massage programs come from widely varied backgrounds they are all ages have held various positions some health related some not Beck is known for being the text that can bring all these student dynamics together under the umbrella of a very readable approachable text Students like the fact that the often daunting area of A P and other clinically challenging learning objectives are made approachable through a unique body system approach to the content and a nice writing style Midwest

**Muscle Energy Techniques** Leon Chaitow, Craig Liebenson, 2001 Describes the basis and practice of MET a widely recognized approach to the treatment of musculoskeletal dysfunction It fuses methods used in physical therapy osteopathy and manual medicine The text provides a comprehensive and up to date presentation of the techniques The CD ROM includes video clips to demonstrate the application of the techniques and so supports and supplements the text

Modern Neuromuscular Techniques Leon Chaitow, 2003 Written in easy to understand language that is ideal for all bodywork therapists and acupressure practitioners this popular textbook illustrates how to make precise systematic evaluations of soft tissue problems It provides up to date information related to a specific range of therapeutic techniques A new accompanying CD ROM complete with video clips that demonstrate how to perform the methods described in the text offers visual cues for unique clinically relevant instruction Clear descriptions of techniques show the reader how to rapidly and accurately identify and assess local soft tissue dysfunction A clear set of treatment options for these dysfunctions clarify which techniques may be used safely by all bodywork practitioners and therapists Both European and North American versions of NMT are presented and described An analysis and comparison of the major reflex systems used in bodywork provides a link between bodywork and acupressure approaches The author is a highly respected internationally known teacher practitioner and author with contributions from two of the leading practitioners in the U S

**Muscle Energy Techniques & Website E-Book** Leon Chaitow, 2013-12-01 Muscle Energy Techniques 4e sets out clear practical and clinical guidelines for all students and practitioners wishing to use MET techniques as part of their patient management Fully updated and now published in full colour throughout this book has an accompanying website with video clips presenting the full array of modern METs in a variety of acute chronic and rehabilitation settings Introduces new methodology and instructs in the scientific basis and correct application of existing METs Explains the value of METs in the treatment of a variety of problems

ranging from hypertonicity and muscle tightness to joint dysfunction and joint capsule adhesions Provides precise assessment and diagnosis guidelines from a variety of perspectives including osteopathy chiropractic physical therapy athletic training and massage therapy Details the background to soft tissue dysfunction and explains the adaptive chain reactions that both produce and result from dysfunction Gives many variations on the safe use of MET in acute chronic and rehabilitation settings Highly illustrated with full colour line drawings and diagrams Supplemented by a website which includes video clips of experienced practitioners demonstrating the techniques Ideal for experienced practitioners as well as those taking undergraduate and postgraduate courses in manual therapy Now published in full colour throughout Presents the latest research findings underpinning the practice of MET methodology from differing areas of practice Presents the increasingly refined ways of using the variety of MET methods to allow the reader to safely apply them in a variety of settings Video clips on an associated website presents practical examples of the METs explored in the book Contains a new chapter on the history of MET to provide useful insights from pioneers of the method New chapters by orthopaedic surgeons discuss the relevance of MET in the rehabilitative setting Contains a completely new chapter on the relevance of MET to massage therapy as well as expanded sections on its value in chiropractic sports injury and physiotherapy Contains an increased emphasis on pulsed MET and isotonic eccentric stretching

Whitaker's Books in Print ,1998      **Palpation Skills** Leon Chaitow,1997 Palpatory or touch skills lie at the very core of all hands on therapies Subtlety and sensitivity of touch and interpretation of palpatory tests are essential requirements for practice This book aims to help both the student and practicing therapist towards increased sophistication of palpatory assessment skills and practice

**Massage Therapy** Jean E. Loving,1999 Presenting the principles and techniques of massage Massage Therapy Theory Practice emphasizes the implementation of therapeutic skills to practice This resource covers the principles and techniques of massage as well as the application of learned techniques to the needs of the workplace Describing the uses of contemporary and classic massage strokes this text is ideal for students at both entry and intermediate levels

Mosby's Fundamentals of Therapeutic Massage Sandy Fritz,2000 The second edition of Mosby s Fundamentals of Therapeutic Massage has been updated to reflect the changes in the growing evolving field of therapeutic massage It is an interactive easy to read text that is designed for the student of massage the practitioner seeking a resource for continuing education and any health care professional with an interest in alternative therapies Mosby s Fundamentals of Therapeutic Massage second edition not only presents necessary entry level information but also lays the foundation for the massage professional to work effectively in the health care environment Book jacket

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