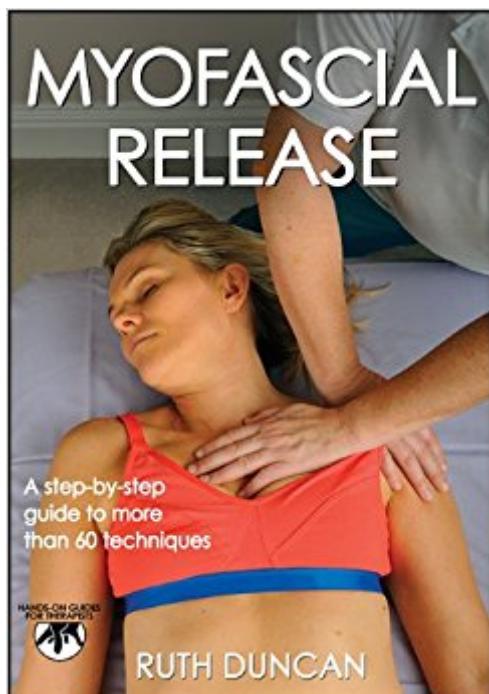


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# Myofascial Release (Hands-On Guides For Therapists)



## Synopsis

Myofascial Release provides comprehensive training for hands-on therapists of all disciplines and at all levels to expand their practice. From technique descriptions and their applications to client interactions and the preservation of practitioner strength and functionality, this guide teaches therapists every crucial aspect of employing myofascial release to its fullest benefit. This 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 for working most effectively with soft tissue to treat muscle injury, immobility, and pain. The book also outlines how myofascial release relates to other massage modalities in the Hands on Guides for Therapists series, ensuring therapists incorporate all of their skills to the greatest effect for their clients. Descriptions of over 60 myofascial techniques contain details on the timing, direction, and hold of each stretch as well as numerous photographs that illustrate the body and hand positions of each technique. Nuanced explanations of the unique feel of soft tissue, including the component of position of ease felt in the fascial drag, enhance the therapist's palpation skills. The therapist learns how to apply the best approach—cross-hand releases, longitudinal plane releases, compression releases, and transverse plane releases—on specific injuries or issues and how to combine techniques to maximize their effectiveness. The text also contains home programs that clients can use themselves between treatment sessions. Myofascial Release provides an entire therapeutic approach as opposed to just the hands-on application that most books offer. Special features make this resource more effective and efficient for readers: Full-color photos present a strong visual guide to employing each technique safely. The photo index reference tool quickly points readers to the desired technique. Therapist tips provide practical comments on applying the techniques. Client talk boxes share the author's experiences and insights on common situations. Quick Questions at the end of each chapter test readers' knowledge of material. Finally, the text offers insight on interacting with clients and ensuring their entire therapeutic experience is fulfilling. It covers the client consultation process, checking for contraindications and performing the visual assessment, how the client may respond to the treatment, and what the practitioner and client might feel and see during the process. Readers will come away from Myofascial Release with a holistic understanding of the approach and how to apply the principles to their practice. Myofascial Release is part of the Hands-On Guides for Therapists series, which features specific tools for assessment and treatment that fall well within the

realm of massage therapists but may be useful for other body workers, such as osteopaths and fitness instructors. The guides include full-color instructional photographs, Tips sections that aid in adjusting massage techniques, Client Talk boxes that present ideas for creatively applying techniques for various types of clients, and questions for testing knowledge and skill.

## Book Information

## Series: Hands-On Guides for Therapists

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## Customer Reviews

I highly recommend this for any manual therapist interested in adding myofascial release to their current treatments. • Doody, *Book Review*

Ruth Duncan, SST, ISRM, SMTO, is an advanced myofascial release therapist, proprietor, instructor, guest lecturer, speaker, national committee member and writer with extensive training in a variety of approaches. She completed her advanced postgraduate training in 2004 with John F. Barnes (the world's leading authority on myofascial release) and has assisted with his seminars in the United States. Duncan also has explored other direct and nondirect fascial approaches, including Thomas Myers' anatomy trains and myofascial meridians, Erik Dalton's myoskeletal alignment techniques and Jean-Pierre Barral's visceral manipulation. She has studied with experts on myriad topics to learn more about human anatomy, function and dysfunction and the emotional aspects of chronic pain and healing. Duncan graduated with honours as a clinical massage therapist from the Humanities Centre School of

Massage (now the Cortiva Institute in Florida, USA) and has a diploma in sports therapy from the Society of Sports Therapists (Sports Rehab and Education) and a diploma in sports and remedial massage from the Institute of Sport and Remedial Massage. She runs her own clinicm The Natural Therapy Centre north of Glasgow, Scotland, specialising in the MFR approach in single sessions and intensive treatments.

An excellent job of explaining MFR and user friendly so the layman can become familiar with techniques before seeking treatment. MFR is the paradigm shift people are making to totally help themselves live a more joyful and productive life without so many medications!!! Recommend it to anyone who has been living with discomfort or a decrease in their enjoyment of life and abilities in doing daily living skills!

This is a very good buy. The various myofascial release techniques are explained and practical examples are given. Attending a myofascial release techniques workshop would enhance the gains of the book. I went to a workshop and was able to consolidate what I had learnt through reading this book

An excellent introduction to fascia and Myofascial Release. The explanations are easy to understand and the photos of the techniques greatly enhance the descriptions. I recommend it to anyone who is interested in learning about Myofascial Release. But, then it is important to learn the hands on techniques from a teacher who is very experienced in teaching how to do it effectively. This is a good resource book to have in the office.

Very concise and easy to read. Already applying tips from this book into my practice. Will become a go-to reference for me going forward.

Exactly what I was looking for.

Good

Great

This book approaches myofascial release from the intake form all the way though treatment. The

images are very helpful and, even though a massage therapy background will help, the writing itself is easy to understand. I look forward to referring to this book over and over in my own practice.

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