Mosby's Pathology for Massage Therapists - E-Book

Myofascial Induction

The fasciae comprise a wide variety of body tissues including the membranes, ligaments, tendons, and mesenteries. These tissues are all derived from the mesoderm, which undergoes coiling or rolling movements during embryonic development. This is the origin of the inherent micro-movements, or motility, that are so important in many osteopathic approaches to diagnosis and treatment. The fasciae are found at every level of the body and constitute a basic element of human physiology. They serve as the body's first line of defense, acting independently of the central nervous system, which is why they are referred to as a "peripheral brain." From a mechanical point of view, the fasciae are organized in chains to defend the body against restrictions. When a restriction goes beyond a specific threshold, the fasciae respond by modifying their viscoelasticity, changing the collagenic fibers, and transforming healthy fascial chains into lesional chains. The fasciae keep a record of every trauma that causes a change in mobility. Through the sensitivity of trained hands, we are able to perceive movements on a micro-level and can thus detect motility disturbances, which reveal the medical history of a patient. Remedial techniques, adapted to each patient, can restore normal motility. In this way, fascial disturbances can be overcome, allowing the body to recover its normal physiological functions. For this reason, we can say that the health of every person is reflected in large part in the fasciae. The Fasciae: Anatomy, Dysfunction and Treatment is the first book to organize the wealth of available information concerning fascial tissues from the fields of embryology, anatomy, histology, and pathology. It describes the roles and mechanisms of the fasciae, and details...
Fascia Research 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.

Fascia

Fascia in Motion The role of the fascia in musculoskeletal conditions and as a body-wide communication system is now well established. Fascia: The Tensional Network of the Human Body constitutes the most comprehensive foundational textbook available that also provides the latest research theory and science around fascia and their function. This book is unique in offering consensus from scientists and clinicians from across the world and brings together the work of the group behind the international Fascia Research Congress. It is ideal for advanced sports physiotherapists/physical therapists, musculoskeletal/orthopaedic medicine practitioners, as well as all professionals with an interest in fascia and human movement. The comprehensive contents lay the foundations of understanding about fascia, covering current scientific understanding of physiology and anatomy, fascial-related disorders and associated therapies, and recently developed research techniques. Full colour illustrations clearly show fascia in context New content based on latest research evidence Critical evaluation of fascia-oriented therapies by internationally trusted experts Chapter outlines, key points and summary features to aid navigation Acompanion e-book version include instructional videos created by clinicians

Myofascial Trigger Points 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.

Really and Other Plays In a world driven by well-being and appearances, the modern healthcare and beauty industry is a thriving one with consumer demographics that span across all layers of society. Besides the conglomerates that continue to dominate international markets, there has also been a large rise in independent companies with strong ideals and concepts that cater to a more comprehensive as well as specific range of needs. BRANDLife: Health & Beauty explores how compelling graphic identities and interiors play a crucial role in impacting the perceptions and promises offered by upcoming and established healthcare and beauty brands today. From eye-catching packaging on cosmetics and skincare products to effective spatial planning for hair salons and medical centers, it offers visual inspiration and valuable insights as to how creativity and design ultimately affect the quality of experiences and outcomes.

Face Reading in Chinese Medicine - E-Book 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)
Connective Tissue Manipulation
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

Fascial Fitness, Second Edition
Anyone who wants an active, mobile and painless everyday life should be aware of the importance of their connective tissue! Understanding of connective tissue has greatly increased in recent years in physiotherapy, sports science and medicine. Muscular connective tissue - known as fascia - plays an important role in health, well-being and mobility, as it transmits the power of the muscles, communicates with the nervous system and serves as a sense organ. Fascia ensures the protection of the internal organs and forms the basis for a beautiful body shape. Connective tissue can work in the same way as your other muscles, responding to stress and nerve signals and, if it gets tangled or glued together, causing pain and problems with movement. Fascia should therefore be specifically exercised - but 10 minutes twice a week is all you need. In this book, leading German fascia researcher and Rolfing practitioner Robert Schleip describes how recent research findings can be translated into a practical exercise program for everyday use.

The Endless Web
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!

Fascial Manipulation. Practical Part. Second Level
Myofascial Release provides comprehensive training for hands-on therapists of all disciplines and at all levels to expand their practice. From...
The unique 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 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.

Functional Atlas of the Human Fascial System This authoritative, research-based book, written by a team of clinical experts, offers an introduction to the symptoms and causes of disordered breathing as well as the strategies and protocols that can be used to correct and restore normal breathing. Multidisciplinary Approaches to Breathing Pattern Disorders guides readers through a discussion of the current research that links disordered breathing patterns with perceived pain levels, fatigue, stress and anxiety. Basic mechanics, physiology, and biochemistry of normal breathing are outlined to lay a foundation for understanding causes and mechanics of disordered breathing. Self-help strategies with charts and workbook pages that may be photocopied as handouts are designed to help patients overcome specific breathing problems. "this second edition is particularly outstanding, providing a good basis of practical hands-on techniques, well supported by pictures and the website, and giving specific focus on sports, speech and chronic pain."

Reviewed by Janet Rowley on behalf of the New Zealand Journal of Physiotherapy, January 2015 "a fantastic resource which will help students, clinicians, and physiotherapists to carry out effective evaluation and treatment in an acute care setting." Reviewed by Poonam Mehta on behalf of the New Zealand Journal of Physiotherapy, January 2015

The Fascial Network 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 Demonstrates 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

Centered

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, it 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.

Recognizing and Treating Breathing Disorders

Biotensegrity

Fascial Dysfunction A new, full-colour edition of Face Reading in Chinese Medicine featuring over 200 colour photographs and practical instructions on how to conduct a face reading! Face reading has been part of Traditional Chinese Medicine for many centuries, and Professor Lillian Bridges is a popular academic and international lecturer on the subject who gained her fascinating knowledge through her family line of Master Face Readers in China. Based on an understanding of the shapes, markings and features of a face, practitioners can learn about the health and life of a patient relating to the principles of Chinese medicine. In addition to understanding how the body’s internal functions - physical, psychological and emotional - can be seen on a face, practitioners can also learn how to evaluate Shen to understand non-verbal expressions. Technical and detailed information is presented in an upbeat, insightful and highly readable manner. This was the first book to focus on the deeper aspects of face reading and diagnosis, this edition includes ancient Taoist knowledge regarding the Original Face and Facial Jing and Qi markers which have previously only been taught through the oral tradition. Clear discussions demonstrate how this technique can be used as a supplement to other diagnostic tools in Traditional Chinese Medicine. Engaging, insightful, highly readable text is written by a well-known and experienced lecturer in the field. Extensive illustrations give you a clear understanding of theories and techniques. A focus on the deeper aspects of face reading and diagnosis helps readers become more conscious of their actions, reactions, and the health consequences of behavior.

Architecture of Human Living Fascia What is the Fascial Network? How does fascia-specific training affect the quality of the body’s network of connective tissue? The Fascial Network, a new resource for exercise trainers and instructors, closes the knowledge gap in exercise science
regarding fascia—a long-neglected structure that deserves far more attention than it has received until now. The fascial network is a web of connective tissue that surrounds the body’s muscles and organs. It gives the body integrity, providing the tensional network in which our muscles work. Fascia-specific training makes the body more resilient, more flexible, and more energetic. This new approach of looking at our own anatomy provides a primarily scientific explanation for the physiological processes that make up the energy-related holistic thinking of Eastern concepts such as acupuncture, Yoga, Tai Chi, and Qi Gong. Thus, two doctrines that could not be more different in their approach find common ground and offer mutual ways of explanation. The Fascial Network explains the function of the body’s connective tissue by offering insight into its formation, physiology, and anatomy. This resource includes exercises for fitness as well as for recreational and competitive sports. With fully illustrated examples for practical implementation, it also serves as a training aid for instructors and physical therapists. Develop a healthier, stronger you with The Fascial Network.

Fascia Training

BRANDLife: Health and Beauty Fascial dysfunction is now recognized 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. Fascial Dysfunction - Manual Therapy Approaches aims 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. --

Palpation Skills

Yoga: Fascia, Anatomy and Movement Fascia is currently the hot topic among manual therapists of all persuasions. All are anxious to improve their understanding of its anatomy and dysfunction. This is the first book to explain and illustrate fascial anatomy relating it specifically to manual therapy techniques by demonstrating what effect such techniques have on body structures. The author describes in detail the technique of myofascial induction. The text is supported by over 500 spectacular full colour photographs as well as nearly 200 line drawings. In addition to the highly illustrated text there is a DVD containing video clips demonstrating the application of the techniques to dissections of fresh cadavers and showing how the tissues move in response to the manipulation.

Yoga Get a multi-dimensional understanding of musculoskeletal anatomy with Anatomy Trains: Myofascial Meridians for Manual Therapists & Movement Professionals, 4th Edition. This hugely successful, one-of-a-kind title continues to center on the application of anatomy trains across a variety of clinical assessment and treatment approaches — demonstrating how painful problems in one area of the body can be linked to a "silent area" away from the problem, and ultimately giving rise to new treatment strategies. This edition has been fully updated with the latest evidence-based research and includes new coverage of anatomy trains in motion using Pilates-evolved movement, anatomy trains in horses and dogs, and the updated fascial compendium on elements, properties, neurology, and origins of the fascial system. It also offers a new, larger library of videos, including animations and webinars with the author. In all, this unique exploration of the role of fascial in healthy movement and postural distortion is an essential read for physical therapists, massage therapists, craniosacral therapists, yoga instructors, osteopathologists, manual therapists, athletic and personal trainers, dance instructors, chiropractors, acupuncturists, and any professional working in the field of movement. Revolutionary approach to the study of human anatomy provides a holistic map of myoanatomy to help improve the outcomes of physical therapies that are traditionally used to manage pain and other musculoskeletal disorders. Relevant theory descriptions are applied to all common types of movement, posture analysis, and physical treatment modalities. Intuitive content organization allows students to reference the concept quickly or gain a more detailed understanding of any given area according to need. Section on myofascial force transmission in gait dynamics is written by guest author James Earls. Robust appendices discuss the relevance of the Anatomy Trains concept to the work of Dr Louis Schultz (Meridians of Latitude), Ida Rolf (Structural Integration), and correspondences with acupuncture meridians. New photos and images of fascial tissues,
The Fasciae

Anatomy Trains E-Book This book will, for the first time, provide a complete picture demonstrating the complex interconnectedness of the musculature, fascia, and joints, and the implication of these deeply intertwined systems for movement through Pilates, yoga, and other fitness disciplines. Black’s richly illustrated presentation style will allow the instructor to grasp the biomechanics underlying posture and dysfunction and hence to enable change and improvement.

Fascial Manipulation - Stecco Method By studying the application of fascial anatomy to yoga the yoga teacher will be able to expand each individual yoga student's optimum adaptability and mobility. This new contextual presentation of applied anatomy will provide the teacher with the tools to promote freedom and confidence in every student of yoga. By using insights from scientific research presented through case studies, the tendency to overwork the tissue and decrease vulnerability to soft tissue injury in the long-term, can be lowered. The visual design and presentation through metaphor embody the difference between sitting statically at a desk reading about movements and parts - and moving through the environment being animated, in action. Between these two experiences is a divide that this book seeks to cross.

Stretch to Win-2nd Edition The book covers most current research and theory to underpin practice. It provides relevant clinical applications for sport and movement, and gives the manual therapist information on how different activities influence the body and the kind of injuries that might occur. The book upgrades the knowledge of the sport professional, yoga teacher and Pilates trainer with the necessary background to understand the injuries that might present and how to assess and refer.

Fascial Manipulation for Internal Dysfunctions Edited by Dominik Irnich, M.D., this clearly written and fully illustrated multi-contributor volume offers practical, comprehensive coverage of the subject area ranging from the latest scientific research findings to practical usage of current manual therapy techniques. Including the latest information from centres of excellence throughout the world, this new book is suitable for osteopathic physicians, osteopaths, chiropractors, manual therapists, physiotherapists, acupuncturists and massage therapists as well as general physicians working in primary care, physical medicine, rehabilitation, pain management and internal medicine. Offers practical and clinically relevant information to all practitioners and therapists working in the field Edited by an international expert in pain management and trigger point therapy A bundant use of pull-out boxes, line artwork, photographs and tables facilitates ease of understanding Carefully prepared by a worldwide team of clinically active and research oriented contributors to provide helpful and clinically relevant information Presents the latest research findings for many aspects of trigger point therapy Provides a holistic view of patient care including the importance of patient communication and psychological aspects of pain control Provides a handy reference for rapid and effective diagnosis and treatment of trigger points Highlights the 65 most important muscles in a comprehensive practical style which includes anatomy, symptoms, pain patterns, physical examination and strategies for effective treatment Offers an ideal resource for training courses in trigger point injection, osteopathy, manual therapy and acupuncture Suitable for osteopathic physicians, osteopaths, chiropractors, manual therapists, acupuncturists and massage therapists as well as general physicians working in primary care, physical medicine, rehabilitation, pain management and internal medicine
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

Anatomy Trains Complete massage pathology information in one convenient text! Written by a massage therapist for massage therapists, Mosby's Pathology for Massage Therapists, 4th Edition provides direct information along with specific therapeutic recommendations. Coverage of over 300 pathologies shows you how to appropriately tailor treatment, and more than 500 full-color photographs make it easier to recognize common pathologies. This edition includes a new chapter on Hospital-based massage which covers protocols needed for therapists working with clients who are medically fragile. Written by massage therapy educator and practitioner Susan Salvo, this resource provides the pathology knowledge you need to succeed in the classroom and in your career. Coverage of over 300 pathologies provides you with ample information without being overwhelming. Over 500 full-color photographs helps you recognize common diseases and conditions. A user-friendly, comprehensive format makes it easy to find key information with learning objectives, list of pathologies, system overview, and pathologies, including description, etiology, signs and symptoms, treatment, and massage considerations. Caution boxes provide tips on prevention to keep practice safe and prepare students for emergency situations. Clinical Tips boxes provide brief, practical hints gleaned from the author’s first-hand experience in clinical practice. Medical Technology boxes highlight special populations, such as clients in wheelchairs or with pacemakers, and explain what the medical device is, and what special precautions or contraindications practitioners should be aware of before working on these clients. List of pathologies with page number references included on the inside front cover for fast lookup of pathologies. UNIQUE! Hospital-based massage chapter covers different protocols needed for massage therapists working in institutionalized care setting and useful information about working with clients who are medically fragile. NEW! Updated pathologies reviewed by practicing massage therapists reflect what you will see in the field as a working practitioner. NEW! Pain content equips you with essential, up-to-date information on the latest theories and management techniques and provides the critical-thinking skills to apply that knowledge in practice.

Fascia in Sport and Movement Fascia, Function, and Medical Applications is essential reading for medical and allied health practitioners who want to bring scientific insights of the importance of
Fascial Manipulation for Internal Dysfunctions. Practical Part A collection of sharp, innovative plays by the Pulitzer Prize-winning playwright of Fairview.

Yoga, Fascia, Anatomy and Movement, Second Edition Anatomy to Architecture, from Biomechanical to Biomotional and from Classical to Connected â€œâ€speaks to all bodies, in all modalities; in a world seeking unity and connection more than ever. Yoga, Fascia, Anatomy and Movement was written partly as an appeal for Yoga Teachers to appreciate the depth and breadth of Yoga as a science, a movement practice and a philosophy that fundamentally espouses â€œwholenessâ€œ as the basis of living anatomy and form. Yoga calls for unifying who and how we are; and as teachers â€œhow we can help our clients (who are all different) move better.

Classical Anatomy (in the West) divides the body down into its component parts and traditionally (unchanged for 400 years) reduces its functionality to those parts; usually described in a 2D iconic forms and founded in lever-based mechanics. In the East, such reductionism was never espoused and Yoga, Fascia, Anatomy and Movement covers two huge bases to bridge the difference and upgrade understanding of Yoga, to 21st Century anatomy:

The first is to recognise that the leading edge of Fascia Science changes all those reductionist views (anatomically and biomechanically). It is carefully explained in the first part of the book and shows how the New Science of Body Architecture actually makes perfect sense of yogic philosophy of union and wholeness.

The second is to take this paradigm shift and apply it in practice, to the subtle understanding of the fascial architecture and how that helps us move better. Yoga, Fascia, Anatomy and Movement covers two huge bases to bridge the difference and upgrade understanding of Yoga, to 21st Century anatomy:

Metabolic Therapies in Orthopedics, Second Edition Fascia in Motion is a comprehensive guide to fascia oriented training in original and contemporary Pilates mat, reformer, and studio applications. It will broaden the movement teacher’s understanding of fascia and incorporates the latest research and its impact on training. The book includes a comprehensive exercise compendium and chapters covering specialised applications such as fascia-focused training for ageing well, correcting computer posture and more.

Fascial Dysfunction The presentation of fascial anatomy in this book provides a new context for applying knowledge of the anatomical body in a practical and relevant way to movement. Aplying fascial anatomy to yoga, this book offers a way to the yoga teacher of experiencing and seeing in three dimensions - the way we really move. This enables the yoga teacher to work more creatively
Fascia, Function, and Medical Applications Get a multi-dimensional understanding of musculoskeletal anatomy with Anatomy Trains: Myofascial Meridians for Manual Therapists and Movement Professionals, 4th Edition. This hugely successful, one-of-a-kind title continues to center on the application of anatomy trains across a variety of clinical assessment and treatment approaches - demonstrating how painful problems in one area of the body can be linked to a “silent area” away from the problem, and ultimately giving rise to new treatment strategies. This new fourth edition has been fully updated with the latest evidence-based research and includes new coverage of anatomy trains in motion using Pilates-evolved movement, anatomy trains in horses and dogs, and the updated fascial compendium on elements, properties, neurology, and origins of the fascial system. This new edition also features an enhanced eBook format included with purchase as well as new photos and images throughout both text versions. In all, this unique exploration of the role of fascial in healthy movement and postural distortion is an essential read for physical therapists, massage therapists, craniosacral therapists, yoga instructors, osteopathologists, manual therapists, athletic and personal trainers, dance instructors, chiropractors, acupuncturists, and any professional working in the field of movement. A revolutionary approach to the study of human anatomy provides a holistic map of myoanatomy to help improve the outcomes of physical therapies that are traditionally used to manage pain and other musculoskeletal disorders. Relevant theory descriptions are applied to all common types of movement, posture analysis, and physical treatment modalities. Intuitive content organization has been designed to help you reference a concept quickly or gain a more detailed understanding of any given area according to your need. Section on myofascial force transmission in gait dynamics is written by guest author James Earls. Robust appendices discuss the relevance of the Anatomy Trains concept to the work of Dr Louis Schultz (M eridians of Latitude), Ida Rolf (Structural Integration) and correspondences with acupuncture meridians. NEW! Revised and expanded content throughout the text reflects the most up-to-date research and latest evidence for the scientific basis of common clinical finding. NEW! Enhanced eBook format included with purchase offers a new larger library of recent HD videos, including animations and webinars with the author. NEW! Section on anatomy trains in motion uses Pilates-evolved movement to explore strength and plasticity along each line by Art of Motion author Karin Gurtner NEW! Appendix: The Anatomy Trains in quadrupeds (horses and dogs), mapped for equine and pet therapies by Rikke Schultz and Wibeke Eklund, DVM’s NEW! Appendix: Updated fascial compendium on elements, properties, neurology, and origins of the fascial system NEW! Photos and images of fascial tissues, adhesions, and layers gives you a better understanding of text content.

Fascial Stretch Therapy If you want to be faster, stronger, and less prone to injury, it's critical you understand how important the body's fascia system is to athletic performance. Modern research and imaging technologies are showing us that it's far more significant than we have long understood. That's why Bill Parisi--founder of the Parisi Speed School--and extreme sports writer, Johnathon Allen, set out on a nationwide quest to interview the top experts in the field so they could present this new performance science in a paradigm shifting book that's not only packed with practical information, but also entertaining to read! Fascia Training: A Whole-System Approach, explores the new evidence-based science of fascia training as explained by top experts in the field, including "Dr. Back Mechanic" Stu McGill, champion Olympic coach Dan Pfaff, founder of Anatomy Trains Tom Myers, biomechanist Ken Clark, founder of Sparta Science Phil Wagner M D, and assistant coach of the Philadelphia 76ers Todd Wright. Fascia Training is a "must read" for anyone serious about improving performance and reducing injury.

Fascia: The Tensional Network of the Human Body - E-Book "This richly illustrated book, with accompanying DVD and website, presents Dr Guimberteau's groundbreaking work, and explains its significance for manual therapists and movement teachers, and its implications for what they do with patients and clients. Dr Guimberteau is the first person to film living human tissue through an endoscope in an attempt to understand the organisation of living matter. He has developed his own concept of the multifibrillar structural organisation of the body, of which the microvacuole is the basic functional unit. He has also developed a concept of global dynamics and continuous matter. His films confirm the continuity of fibres throughout the body and show how adjacent structures can move independently in different directions and at different speeds while
Maintaining the stability of the surrounding tissues. This role is carried out by what he calls the "Microvascular Collagenic Absorbing System". He has opened a window into a strange world of fibrillar chaos and unpredictable behaviour, and has revealed the morphodynamic nature of the fibrils that constitute the connective tissue, as well as the fractal, non-linear behaviour of these fibrils. His work ties in with that of Donald Ingber on tensegrity within the cytoskeleton, and the links between the cytoskeleton and the Extracellular Matrix as described by James Oschman."--Publisher's website.

Fascial Fitness

Myofascial Release 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.

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