



Soft Tissue Release: Hands-on Guide for Therapists (Paperback)

By Jane Johnson

Human Kinetics Publishers, United States, 2009. Paperback. Book Condition: New. 251 x 175 mm. Language: English . Brand New Book. 'Soft Tissue Release' is a clear, concise, and practical book that guides you in understanding and applying the three types of soft tissue release (STR): passive (clients do not help), active assisted (clients and therapists work together), and active (clients do it on their own). Rather than focus on the specific purposes of soft tissue release, this text provides basic information about the therapy and prepares readers to perform the techniques. The result is a text that professionals and students in massage therapy, physiotherapy, and osteopathy will find invaluable. 'Soft Tissue Release' thoroughly explains the differences between the three types of STR by providing step-by-step descriptions on performing each type along with the key holds, moves, and stances for various muscles. The descriptions are accompanied by handy reference charts indicating the types of clients and situations in which each technique is particularly useful. Complete instructions explain how to apply STR to various parts of the body--the trunk, the lower limbs, and the upper limbs--and detail the advantages and disadvantages of each technique. Numerous full-color photos depict the locks and stretches. The...

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