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In Fascial Release for
Structural Balance,
authors James Earls and

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Thomas Meyers both
respected bodywork
professionals argue that
approaching the fascia
requires a different eye,
a different touch, and
tissue-specific
techniques. Designed for
any bodywork
practitioner using
manual therapy,
including
physiotherapists,
osteopaths,

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combines manual therapy skills with the exciting new field of structural therapy, which employs the unique and newly discovered properties of fascial tissues. Fascia, our biological fabric, plays a vital role in support, posture, and stability.

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combines manual therapy skills with the exciting field of structural therapy, which employs the unique and dynamic properties of fascial tissue. Fascia, our biological fabric, plays a vital role in support, posture, and stability.

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Release aims to release patterns that cause postural and movement dysfunction that for many, manifest as pain.

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using manual therapy.
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help their current and
future clients by giving
them a structural
analysis and creating a
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Structural Essentials:

Head, Neck & Jaw The

Structural Essentials

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Description: The

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workshops are a set of

intensive soft-tissue

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technique courses,
divided into functional
regions. Each course
thoroughly conveys 15
– 20 technique
' templates ', designed
for versatile ...

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Head, Neck & Jaw ...

In Fascial Release for
Structural Balance,
authors James Earls and

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Thomas Meyers—both respected bodywork professionals—argue that approaching the fascia requires “ a different eye, a different touch, and tissue-specific techniques. ”

Designed for any bodywork practitioner using manual therapy, including physiotherapists, osteopaths,

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chiropractors,

myofascial and trigger
point therapists, and
massage therapists, this
book offers a detailed
introduction to
structural anatomy and
fascial ...

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Myers, Thomas ...

In Fascial Release for
Structural Balance,

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Structural Balance authors James Earls and Thoma By learning to intelligently manipulate it, a bodyworker or therapist can help clients with many chronic conditions, providing immediate pain relief as well as reducing ongoing aches and pains.

Fascial Release for
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Thomas W. Myers

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This thoroughly revised edition of the authoritative reference Fascial Release for Structural Balance brings the book up to date with all of the most current research on the role of fascia and myofascia in the body, and how treatment affects it. This edition takes advantage of more sophisticated testing to

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explore in greater detail
the relationship between
anatomical structure
and function ...

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The authors show that
approaching fascial
restriction requires a
different eye, a different
touch, and tissue-
specific techniques. This

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Structural Balance book offers a detailed introduction to structural and functional anatomy and fascial release therapy, including bodyreading global postural analysis coupled with complete technique descriptions.
 The book features 150 color photographs that clearly ...

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and manual techniques
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and long-lasting results,
and using ...

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fully illustrated
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This thoroughly revised edition of the authoritative reference Fascial Release for Structural Balance brings the book up to date with all of the most current research on the role of fascia and myofascia in the body, and how treatment affects it. This edition

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takes advantage of more sophisticated testing to explore in greater detail the relationship between anatomical structure and function, making it an even more essential guide. Offering a detailed introduction to structural anatomy and fascial release therapy, including postural analysis, complete technique descriptions,

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and the art of proper assessment of a patient through "bodyreading," the book features 150 color photographs that clearly demonstrate each technique. The authors, both respected bodywork professionals, give any bodywork practitioner using manual therapy—including physiotherapists,

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osteopaths,
chiropractors,
myofascial and trigger
point therapists, and
massage therapists—the
information they need
to deliver effective
treatments and create
long-lasting, systemic
change in clients' shape
and structure. Fascia,
the soft tissue
surrounding muscles,
bones, and organs, plays

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a crucial role in supporting the body. By learning to intelligently manipulate it, a bodyworker or therapist can help with many chronic conditions that their clients suffer from, providing immediate pain relief as well as reducing the strains that may contribute to the patient's ongoing aches and pains, leading to

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rapid, effective, and
lasting pain relief. James
Earls and Thomas
Meyers argue that
approaching the fascia
requires "a different eye,
a different touch, and
tissue-specific
techniques."

The ability to walk
upright on two legs is
one of the major traits
that define us as

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humans; yet, scientists still aren't sure why we evolved to walk as we do. In *Born to Walk*, author James Earls explores the mystery of our evolution by describing in depth the mechanisms that allow us to be efficient in bipedal gait. Viewing the whole body as an interconnected unit, Earls explains how we

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can regain a flowing
efficiency within our
gait--an efficiency
which, he argues, is part
of our natural design.

This book is designed
for movement therapy
practitioners,
physiotherapists,
osteopaths,
chiropractors, massage
therapists, and any
bodyworker wishing to
help clients by

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incorporating an understanding of gait and its mechanics. It will also appeal to anyone with an interest in evolution and movement. Drawing on recent research from paleoanthropology, sports science, and anatomy, Earls proposes a complete model of how the whole body cooperates in this three

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dimensional action. His work is based on Thomas Myers's Anatomy Trains model of human anatomy, a holistic view of the human body that emphasizes fascial and myofascial connections. Earls distills the complex action of walking into a simple sequence of "essential events" or actions that are

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necessary to engage the myofascia and utilize its full potential in the form of elastic energy. He explains the "stretch-shortening cycle"--the mechanism that is the basis for many normal human activities--and discusses how humans take advantage of isometric contractions, viscoelastic response, and elastic recoil to

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minimize calorie usage.

This streamlined efficiency is what enabled our first ancestors to begin to migrate not only seasonally but also permanently to new lands, thereby expanding the natural resources available to us as a species.

An essential resource for
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bodyworkers, physical
therapists, and sports
medicine

practitioners--a vital
guide to understanding
the anatomy, form, and
mechanics of the human
foot. Understanding the
Human Foot is a full-
color, up-to-date
overview of the structure
and function of the foot,
written for physical
therapists and

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movement practitioners looking to deepen their understanding of holistic anatomy. Readers will gain perspective on the impacts of foot shape; the interdependence of form and function; and the cellular processes that determine how our tissue is designed. Most importantly, author James Earls demonstrates how the

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foot relates to and interacts with the rest of the body during movement, laying the groundwork for a comprehensive holistic approach to assessing, troubleshooting, and addressing functional and structural foot issues. Starting with big-picture questions--what is a foot, and what is it used for? How does it

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work, both on its own and as part of a whole?--before zeroing in on the 26 bones, 33 joints, and many muscles that make up the foot, Earls teaches anatomy the way he wishes he'd been taught 30 years ago: with a holistic emphasis on interrelated systems, real-life applications, and approachable, easy-to-

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understand language.

He shares:

- Full-color illustrations for easy reference and comprehensive understanding
- An overview of the bones, ligaments, and extrinsic and intrinsic muscles of the foot
- How your gait impacts the rest of the body--and can cause problems as high up as the neck and shoulders

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- How to assess structural problems of the foot
- Corrective exercises
- A footwear guide to choosing the best shoe for your foot type

Myofascial Release provides comprehensive training for hands-on therapists of all disciplines and at all levels to expand their

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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

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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

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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

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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

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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

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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:

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- 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

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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

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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.

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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

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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.

The fascial and
membrane technique

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developed by Peter
Schwind combines the
fundamental thoughts
from Ida Rolf's
Structural Integration
with concepts of
osteopathy, creating a
successful combination
of form-stabilizing and
mobilizing techniques.
The book emphasizes
diagnosis and treatment
of the breathing patterns
manifest in the

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myofascial system;
minimalistic as well as
global application joint
techniques; visceral
techniques in the
myofascial context;
special treatment
techniques in the
craniosacral area and
care of the upper jaw.
Includes comprehensive
information on therapy
from head to foot with
descriptions of the

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anatomic correlations.

Clearly describes the theoretical and practical principles so difficult concepts are easily understandable.

Detailed, easily transposed instructions about treatments allow the reader to put the concepts into practice with ease.

Photographically documented movements

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show real examples of
topics discussed.

This is a bright new easy-to-follow guide to building great visual assessment skills.

Compiled from a Massage & Bodywork article series, Tom has updated the articles and added illustrations to allow the concepts to be easily understood. The

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first chapters outline the method and the way it can be successfully integrated into your practice, including charting and making the client feel comfortable with it. Each subsequent chapter deals with the Anatomy Trains lines, giving visual assessment and strategy points for each with diagrams, model photos, and

Get Free Fascial Release For more. Structural Balance

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

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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

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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.

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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,

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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

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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

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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

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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! Revised and
expanded content
throughout the text
reflects the most up-to-
date research and latest

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evidence for the
scientific basis of
common clinical
finding. NEW!

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videos, including
animations and
webinars with the
author. NEW! Section
on anatomy trains in
motion uses Pilates-

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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, DVMs
NEW! Appendix:
Updated fascial

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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.

Michael Shea, one of
the foremost experts on
myofascial release,

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presents straightforward, practical instructions for dramatically releasing pain and restriction of motion in the body's fascia, muscles, and connective tissue. He introduces a soft tissue, hands-on approach for massage therapists, physical therapists, and other healthcare practitioners that reduces tension and

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stress in their clients'
entire myofascial
systems, as well as their
musculoskeletal and
cardiovascular systems.
Therapists with little or
no background in
myofascial release and
deep tissue
reorganization can
follow this book's easy
guidelines in order to
facilitate substantial
orthopedic changes and

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pain reduction in their clients. Illustrated with 70 black and white photos, Myofascial Release Therapy includes an at-a-glance section that provides a step-by-step procedure for quick reference. Each photo is supplemented with instructions, as well as with arrows for easy reference in the clinic.

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This book provides the first integration of the verbal, visceral, and palpation skills of the therapist. It also includes work on the viscera as a way of integrating soft tissue work through the abdomen and pelvis. While manuals on the bones, muscles, and viscera have previously been divided into

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separate volumes, this book combines them into one. The author offers specific tools and protocols for helping patients "destructure" past somatic experience and reform it into something healthier. He illuminates the interconnectedness between bodies and their relationships to the outside world, including

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how sensations, feelings,
and emotions are
organized in the body
and how they are
coupled to meaning and
memory. The result of
many years of
experience and
knowledge, this book
provides compelling
evidence that myofascial
release therapy
encourages more rapid
healing response of

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Balance

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,

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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

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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

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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,

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physiotherapists, athletic
and sports trainers,
fitness instructors,
osteopaths and hands-
on practitioners from all
disciplines.

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