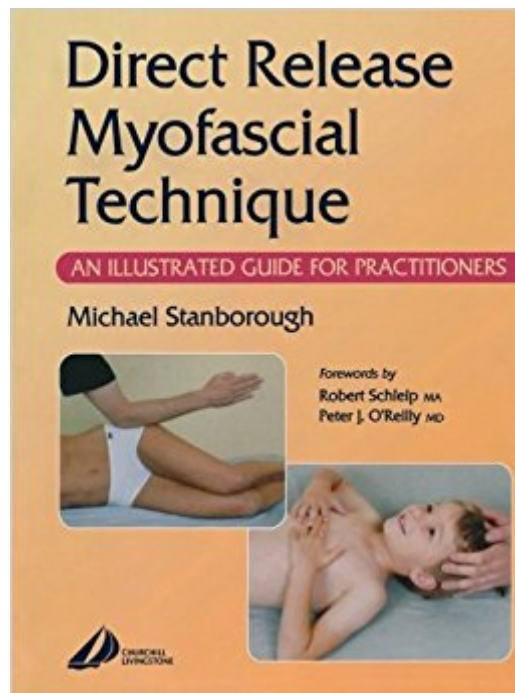




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# Direct Release Myofascial Technique: An Illustrated Guide For Practitioners, 1e



## Synopsis

Direct Release Myofascial Technique provides a highly illustrated guide to direct release myofascial techniques (M.F.R.) and their application in clinical practice. M.F.R. is a manual therapy method that influences both a body's structural tissues and the sensory/motor systems. Originally developed by Dr Ida Rolf, the creator of the Rolfing method, the approach has since been adapted and modified by different groups of therapists to fit within their own particular philosophies. This book strips away the surrounding theories and philosophies and focuses on the safe and appropriate use of the techniques themselves. Numerous photographs supplement the detailed, step-by-step coverage of techniques. Outlines the principles and practice of a group of bodywork techniques that are particularly effective for the treatment of painful or restricted movement due to muscle stiffness or imbalance Provides guidelines on the most effective and efficient use of the techniques based on movement theory Highly illustrated with detailed photographs and line drawings Presents a hypothetical model to explain why the technique works based on the latest research in the field of neuro-fascial physiology Includes approaches to the use of the techniques with children Written by an experienced practitioner and teacher Draws on the teachings of Ida Rolf but makes them applicable to other groups of therapists

## Book Information

Paperback: 232 pages

Publisher: Churchill Livingstone; 1 edition (October 5, 2004)

Language: English

ISBN-10: 0443073902

ISBN-13: 978-0443073908

Product Dimensions: 7.2 x 0.5 x 9.8 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 4 customer reviews

Best Sellers Rank: #564,567 in Books (See Top 100 in Books) #46 in [Books > Textbooks >](#)

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## Customer Reviews

Michael Stanborough

The foreword suggested that this is 'not just another book' & and is one of the first to 'spill the beans' on Rolting techniques. However much of the techniques are covered in Art Riggs' book & video, although Riggs acknowledge that his book is based on Stanborough's manual. It is written in a philosophical way, and aim to only present the techniques without the details of anatomy. Comprises of 2 sections: The Basics, and Techniques. The basics describe the philosophy of muscle dysfunction & the effect of myofascial release. The techniques covered muscles of different parts of body, with an attempt to give a clear & detailed instructions. Stanborough demonstrates his communication skill on how to ask the client to perform movement: 'Take your tailbone away towards the wall behind you'. My wishlist: Videos will be superb to accompany this manual. My wish has come true, the author has released a set of DVD on the techniques. Great resource Excellent resource to add to your deep tissue book & video collection.

This is a good book for anyone seeking to expand their understanding of fascia. By examining the relationship between the nervous system and the fascial network, it brings a new appreciation to just what happens under our hands when we touch someone. It's also rich with techniques, presented in a manner that makes them immediately repeatable in the practitioner's clinic. I'd recommend this book to the beginner as well as the experienced practitioner - it has material that will be of interest to massage and physiotherapists, OTs, osteopaths and chiropractors.

I have been a deep tissue massage therapist for over 20 years. This is by far the best manual on theory and practical technique that I have ever used. If you want results as well as understanding, this is the book to get. I've also bought the author's 8 DVD set, which is almost as good as a one-on-one hands-on course with him.

Author showed a lot of techniques of Myofascial release with detailed description of each. It is hard to get complete understanding when trying to position client with active participation from their side. Book is very technical and not too easy to use. Not recommended for beginners, this book would be helpful for LMT who had been practicing for a while.

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