

1. Record Nr.	UNINA9910815561603321
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Titolo	The myofascial release manual / / Carol J. Manheim
Pubbl/distr/stampa	Thorofare, New Jersey : , : SLACK, , [2008] ©2008
ISBN	1-61711-446-4 1-61711-790-0
Edizione	[4th ed.]
Descrizione fisica	1 online resource (304 p.)
Disciplina	615.8/2
Soggetti	Manipulation (Therapeutics) Stretch (Physiology) Physical therapy Myofascial pain syndromes - Physical therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	section I. Introduction to myofascial release -- section II. Basic myofascial release techniques -- section III. Advanced myofascial release techniques -- section IV. Evaluation: initial assessment -- section V. Additional resources.