

1. Record Nr.	UNINA9910826961103321
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Titolo	Fascial Dysfunction : Manual Therapy Approaches
Pubbl/distr/stampa	London : , : Handspring Publishing Limited, , 2018 ©2018
ISBN	1-909141-95-X
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (407 pages)
Disciplina	615.82
Soggetti	Fasciae (Anatomy) Myofascial pain syndromes
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Cover -- Title -- Copyright -- Contents -- Contributors -- Foreword by Thomas W. Findley -- Foreword by John Sharkey -- Dedication -- Preface -- Acknowledgments -- Section I Fascial foundations -- Chapter 1 The functions of fascia: translating research into clinical relevance Leon Chaitow -- Chapter 2 Fascial dysfunction: adaptation as a major feature Leon Chaitow -- Chapter 3 Global postural assessment Thomas W. Myers -- Chapter 4 Additional global and local assessment approaches Leon Chaitow -- Chapter 5 Removing obstacles to recovery: therapeutic methods, mechanisms and fascia Leon Chaitow -- Section II Selected fascial modalities -- Chapter 6 Bowen therapy Kelly Clancy -- Chapter 7 Connective tissue manipulation and skin rolling Elizabeth A. Holey, John Dixon -- Chapter 8 Use it or lose it: recommendations for fascia-oriented training applications in sports and movement therapy Robert Schleip, Divo Gitta Müller -- Chapter 9 The Fascial Manipulation® method applied to low back pain Antonio Stecco, Stefano Casadei, Alessandro Pedrelli, Julie Ann Day, Carla Stecco -- Chapter 10 Functional fascial treatment: fascial unwinding and balanced ligamentous tension technique Paolo Tozzi -- Chapter 11 Gua sha (press-stroking) and Ba guan (cupping): traditional East Asian instrument-assisted manual therapies Arya Nielsen -- Chapter 12 Muscle energy techniques Leon Chaitow -- Chapter 13 Myofascial induction therapy (MIT®) Andrzej

Pilat -- Chapter 14 Neuromuscular technique (NMT) and associated soft tissue manipulation (neuromuscular) modalities Leon Chaitow -- Chapter 15 Positional release techniques (including counterstrain) Leon Chaitow -- Chapter 16 Rolfing® structural integration Jonathan Martine -- Chapter 17 Global Postural Re-education®: Souchard method Emiliano Grossi -- Chapter 18 Management of scars and adhesions Willem Fourie

Sommario/riassunto

This book, authored by Leon Chaitow, provides an in-depth exploration of manual therapy techniques with a focus on fascial dysfunction and its clinical applications. It combines research findings with practical treatment approaches to address fascial issues. Key topics include the functions of fascia, assessment techniques, and therapeutic methods such as Bowen therapy, myofascial induction, and neuromuscular techniques. The book aims to serve as a comprehensive resource for clinicians and researchers in the field of manual therapy, offering evidence-informed insights and clinical experiences to enhance understanding and treatment of fascial dysfunction.
