

Active Release Technique Manual

Timothy Speicher

Functional Soft Tissue Examination and Treatment by Manual Methods Warren I. Hammer, 2005 This second edition of this very successful book includes chapters written by experts in the methods of manual treatment and provides step-by-step instructions on how to examine your patient using a logical sequence of passive, contractile, and special tests, and how to relate findings to biomechanical problems and lesions. Included are hundreds of diagrams, photographs, illustrations, and summary charts. In this second edition, chapters from the first edition have been thoroughly revised and updated and new material has been added on Myofascial Release, Somatics, Post-Facilitation Stretch, Friction Massage, Hypo- and Hyperpronation of the Foot, Strain and Counter Strain, Gait, the Extremities, and the Spine.

Release Your Pain Brian Abelson, Kamali Abelson, 2005 Introducing a non-evasive, soft-tissue treatment process called Active Release Techniques, this book addresses the root cause of each repetitive strain injury, explaining which treatments should be avoided, and detailing why alternative forms of therapy should be sought out before acquiescing to surgery.

Soft Tissue and Trigger Point Release-2nd Edition Johnson, Jane, 2019 *Soft Tissue and Trigger Point Release, Second Edition*, is a practical guide to understanding and applying soft tissue release (STR), including how it can be used to deactivate trigger points and maximize patient outcomes of treatment and rehabilitation.

The Soft Tissue Release Handbook Mary Sanderson, Jim Odell, 2014-01-21 For practitioners of massage therapy, sports massage, remedial massage, and physical therapy, soft tissue release is a powerful tool in treating chronic pain conditions such as shoulder impingement, tennis elbow, and iliotibial band friction syndrome. Soft tissue release also aids post-surgical recovery and is used in the treatment of highly trained athletes, dancers, and musicians who wish to tackle those small but key tissue areas needed to maintain and improve their performance. The soft tissues consist of muscle fibers, myofascia, tendons, and ligaments. The all-encompassing nature of this connective tissue is becoming increasingly fascinating to bodywork practitioners of all kinds, including massage therapists, physical therapists, chiropractors, osteopaths, orthopedic nurses and doctors, and sports therapists. Treatment of the soft tissues continues to gain momentum, and there are many exciting research developments that demonstrate how manipulation of these tissues can have profound effects on the structure and function of the musculoskeletal system. Skilled release of the soft tissues reduces the need for adjustments or joint mobilizations, because appropriate release improves joint movement. Freeing the joints and enhancing

the health of the soft tissues also facilitates a superior and lasting response to rehabilitation programs. The Soft Tissue Release Handbook is aimed at practicing therapists who wish to address the soft tissues precisely and effectively, whether as an adjunct to existing bodywork techniques or as a treatment modality in itself. The skills presented in this book can be immediately applied in the clinic with existing and new clients. Graphic illustrations of the key muscles involved in movement, as well as over 200 full-color photographs of the technique in action, make this an easy-to-use and practical guide.

Release Your Pain - Resolving Soft Tissue Injuries with Exercise and Active Release Techniques Brian Abelson, Kamali Thara Abelson, 2012-04-25 Release Your Pain presents ART (Active Release Techniques) as a new approach to addressing such common repetitive strain injuries as carpal tunnel syndrome, plantar fasciitis, knee and shoulder injuries, and back pain. Based on case studies, the book shows how ART locates and breaks down scar tissue and adhesions that cause pain, stiffness, weakness, numbness, and physical dysfunctions associated with repetitive strain injuries. Topics include how and why these injuries occur, which treatments to avoid when possible (including surgery), and how noninvasive methods succeed where others fail. Each chapter includes black and white photo sequences of therapy techniques and stretches.-- Amazon.

Direct Release Myofascial Technique Michael Stanborough, 2004 Direct Release Myofascial Technique provides a highly illustrated guide to direct release myofascial techniques (MFR) and their application in clinical practice. MFR 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.

The Trigger Point Therapy Workbook Clair Davies, Amber Davies, 2013-09-01 Trigger point therapy is one of the fastest-growing and most effective pain therapies in the world. Medical doctors, chiropractors, physical therapists, and massage therapists are all beginning to use this technique to relieve patients' formerly undiagnosable muscle and joint pain, both conditions that studies have shown to be the cause of nearly 25 percent of all doctor visits. This book addresses the problem of myofascial trigger points—tiny contraction knots that develop in a muscle when it is injured or overworked. Restricted circulation and lack of oxygen in these points cause referred pain. Massage of the trigger is the safest, most natural, and most effective form of pain therapy. Trigger points create pain throughout the body in predictable patterns characteristic to each muscle, producing discomfort ranging from mild to severe. Trigger point massage increases circulation and oxygenation in the area and often produces instant relief. The Trigger Point Therapy Workbook, Third Edition, has made

a huge impact among health professionals and the public alike, becoming an overnight classic in the field of pain relief. This edition includes a new chapter by the now deceased author, Clair Davies' daughter, Amber Davies, who is passionate about continuing her father's legacy. The new edition also includes postural assessments and muscle tests, an illustrated index of symptoms, and clinical technique drawings and descriptions to assist both practitioners and regular readers in assessing and treating trigger points. If you have ever suffered from, or have treated someone who suffers from myofascial trigger point pain, this is a must-have book.

Anatomy Trains Thomas W. Myers, 2009-01-01 An accessible comprehensive approach to the anatomy and function of the fascial system in the body combined with a holistic.

Integrated Sports Massage Therapy E-Book Anders Jelvéus, 2011-04-19 Integrated Sports Massage Therapy is a highly illustrated evidence-based handbook which presents a wide range of effective sports massage techniques to cover any sports-related situation. Anders Jelveus explains and applies effective techniques from a variety of disciplines of manual therapy, ranging from commonly used sports massage strokes to more advanced concepts for real-life effective sports massage treatments. The presented techniques serve as a great addition for any therapist seeking to work with athletes, and are suitable for pre-event, post-event, inter-event, and in remedial sports massage therapy. This unique book offers a comprehensive presentation of sports massage therapy including: Sports massage history Basic sports massage strokes and work postures Sports massage applications Event-based sports massage treatment guidelines Sports-specific massage treatment recommendations Therapeutic muscle stretching techniques Therapeutic muscle stretching applied to specific muscle groups Positional Release Techniques (PRT) Acupressure and Tui Na techniques with applications Myofascial release techniques Connective tissue massage Lymphatic drainage massage Myofascial Trigger Point etiology and treatment techniques Sports injuries Athletic taping Remedial Sports massage applications Athletic self massage techniques. The book is suitable for all manual therapy students and practitioners, whether novice or advanced, including massage therapists, physical therapists, osteopaths, chiropractors, naprapaths, naturopaths and acupuncturists.

Soft Tissue Release Jane Johnson, 2009 Presented in a step-by-step format, this book equips readers with the skills needed to effectively deliver this physiotherapy technique to their clients. Describing the passive, active-assisted and active methods of using Soft Tissue Release, this book will be of use to both practising and studying therapists.

The Manual of Trigger Point and Myofascial Therapy Dimitrios Kostopoulos, Konstantine Rizopoulos, 2024-06-01 The Manual of Trigger Point and Myofascial Therapy offers the reader a comprehensive therapeutic approach for the evaluation and treatment of Myofascial pain and musculoskeletal dysfunction. This user-friendly manual will serve as a quick reference for clinically relevant items that pertain to the identification and management of trigger points. The first section of the book covers the theory and current research regarding the Myofascial Trigger Point Syndrome. The research is the most current

and up-to-date available on the pathogenesis of Myofascial dysfunction, clinical symptoms, physical findings as well as diagnostic criteria. Treatment methods and techniques are also covered in a comprehensive and step-by-step format. The second section includes the most important muscles that tend to have a higher incidence of the Myofascial involvement. Each muscle is supplemented by two pages of text and illustrations to better aid the student or clinician in an institutional or practicing setting. The muscle page contains a plethora of information for the reader including muscle origin, insertion, location of trigger points, referenced pain patterns, myofascial stretching exercises, positive stretch signs, and biomechanics of injury. Extensive full-color illustrations and pictures include treatment techniques, therapeutic interventions and patient home exercise programs. This innovative and concise new clinical reference guide is perfect for the student learning about the diagnosis and treatment of the Myofascial Trigger Point Syndrome or therapist interested learning or applying this successful and effective method of treatment.

Fascial Release for Structural Balance, Revised Edition Thomas Myers, James Earls, 2017-06-27 Unlock the power of fascial release—the ultimate guide to structural balance and pain relief. From the creator and bestselling author of *Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists*. 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 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, 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, 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 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 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.

Muscle Medicine Rob DeStefano, Joseph Hooper, 2009-09-15 A leading orthopedic surgeon and a top sports chiropractor team up to offer a groundbreaking new approach to remaining injury-free and recovering from injury faster. Muscle injuries are not just for sports superstars anymore. Back, shoulder, hip, and knee problems bedevil more and more people than ever before. *Muscle Medicine* provides a way to prevent such injuries from happening and to treat them when they do without

drugs or surgery. The product of a collaborative effort between two widely recognized authorities on sports injuries, Muscle Medicine relies on cutting-edge medical and therapeutic expertise to deliver what many doctors cannot: explanations of how to maintain good muscle health, how to treat common muscle injuries, such as “Tennis Elbow” and “Cell Phone Neck,” and how to determine when joint surgery is and is not necessary for some common orthopedic problems. By focusing on the health of our muscles, we can prevent many sports injuries from occurring and recover faster from the ones that do, say the coauthors, whose A-list clients have included John McEnroe and Elisabeth Hasselbeck. Featuring more than 100 illustrations that show the basics of muscle mechanics, along with various stretching, strengthening, and self-treatment exercises, Muscle Medicine will help readers enjoy pain-free, active lives no matter what their age or activity level.

Clinical Guide to Positional Release Therapy Timothy Speicher, 2016-04-04 Clinical Guide to Positional Release Therapy With Web Resource provides professionals in the sports medicine and therapy fields with an easy-to-read reference on the clinical application of positional release therapy (PRT). The book is an invaluable resource for those who desire to learn, practice, and perfect the art of PRT to gently treat patients of all ages who have acute and chronic somatic dysfunction, including tightness and pain. Author Timothy E. Speicher, president of the Positional Release Therapy Institute, uses contemporary science and evidence-based practice to provide health care practitioners—including athletic trainers, physical therapists, massage therapists, and chiropractors—with a manual of PRT treatment techniques. The text is also suitable for students enrolled in upper-level courses in athletic training, physical therapy, and massage therapy programs. The highly visual book is organized in a manner that enables the reader to acquire a foundation of the applications, procedures, and theory of PRT. Part I explores the research surrounding PRT, providing articles that support the use of PRT through evidence-based practice. Readers will consider special populations, such as elderly patients, competitive athletes, and patients with disabilities. Part II explores PRT techniques by anatomical area. Each region (lower quarter, pelvis, spine, upper quarter, and cranium) contains an overview of common injury conditions and their myofascial triggers, differential diagnoses, and instructions on palpating and treating specific anatomical structures. Each chapter in part II also contains self-treatment techniques where appropriate. Clinical Guide to Positional Release Therapy dedicates considerable attention to palpation instruction, a core skill that enables successful diagnoses and applications of many orthopedic assessments and therapeutic techniques. Readers also will gain knowledge of anatomical and kinesiological structures to ensure success in assessment. Application of adjunctive therapies, such as ultrasound, electronic stimulation, massage, joint stabilization, and therapeutic exercise, is provided throughout the text to complement PRT and facilitate an optimal healing environment. Clinical Guide to Positional Release Therapy includes more than 400 full-color photos and illustrations. The unique layout of the book displays the anatomy, palpation, and treatment techniques in one or two pages, making the techniques visually easy for practitioners and students to follow and put into practice. In addition, scanning charts listing structures and mapping of

the anatomical areas specific to the chapter content appear at the end of each chapter. The text is supplemented by a web resource featuring 61 videos demonstrating various PRT techniques described in the book. The most common conditions and the techniques used to treat them are detailed, and Dr. Speicher provides advice about adapting the techniques to other conditions and muscle groups. The supplemental videos can be accessed online. Whether students are just being introduced to PRT or medical professionals are already seasoned practitioners, *Clinical Guide to Positional Release Therapy* will assist them in using PRT in a simplified and structured manner to improve patient outcomes.

The Activator Method Arlan W. Fuhr, 2008-01-24 From basic scan protocols to advanced assessment procedures, *THE ACTIVATOR METHOD*, 2nd Edition discusses the Activator Method Chiropractic Technique (AMCT) in an easy-to-understand, how-to approach. This updated 2nd edition covers all aspects of the controlled low-force analytical and adjusting system, from the history of the technique to in-depth examinations of body structures. It also features expanded content on supportive subjects from seven new contributors, discussing topics such as activator and instrument adjusting history, instrument reliability in the literature, the neurology of pain and inflammation, temporal mandibular disorders, and leg length reactivity. - UNIQUE! As the only Activator Method textbook in the field, it is known as the standard reference in Activator. - Expert author, Dr. Arlan Fuhr, is a co-founder of the AMCT, bringing his unparalleled expertise to the subject. - Brand new full-color photos detail assessment procedures, specific anatomical contact points, and lines of drive to clearly show procedures for easier learning. - Clinical Observations boxes share the author's knowledge from years of experience and provide tips on analysis of certain conditions and suggestions for atypical cases. - Summary tables in each clinical chapter allow you to quickly access pertinent information. - Step-by-step instruction throughout the Instrumentation section helps you understand the principles of the technique. - Appendix: Activator Quick Notes for Basic and Advanced Protocol provides at-a-glance reviews of important points and things to remember when performing basic and advanced protocols. - A new chapter on leg length analysis procedures offers comprehensive coverage of this critical step in using the Activator Method. - Seven new contributors bring fresh insight to AMCT.

Facilitated Stretching Robert E. McAtee, Jeff Charland, 2007 Understanding the basics of stretching -- Focusing on facilitated stretching -- Using the spiral-diagonal patterns of PNF -- Stretches for the lower extremity -- Stretches for the upper extremity -- Stretches for the neck and torso -- Combining techniques to release fibrotic tissue -- Stretching routines for specific activities -- Routines for common soft tissue injuries.

Trigger Point Therapy for Myofascial Pain Donna Finando, Steven Finando, 2005-08-22 A clinical reference manual for the evaluation and treatment of muscle pain • Contains detailed illustrations of pain patterns and trigger-point locations • 15,000 copies sold in first hardcover edition Myofascial pain syndromes are among the fastest growing problems that physicians, osteopaths, acupuncturists, and physical, occupational, and massage therapists encounter in their patients. In

Trigger Point Therapy for Myofascial Pain Donna and Steven Finando have organized vast amounts of information on treating myofascial pain into an accessible user's manual for healthcare practitioners. They examine a wide range of pain patterns and present evaluation and palpation techniques for reducing trigger points--and thereby alleviating pain--in the most clinically significant musculature of the body. This comprehensive yet easy-to-use reference guide to treatment of muscle pain begins with chapters on the concept of Qi and its relationship to myology, specific trigger point location and activation, and palpatory skill-building techniques. Subsequent sections provide detailed information on each muscle to teach clinicians to locate quickly and accurately individual points of pain and compensation. A visual index allows easy identification of the muscles that may be involved. Trigger Point Therapy for Myofascial Pain provides necessary and invaluable information for sufferers and any professional involved with myofascial disorders.

Positional Release Therapy Kerry J. D'Ambrogio, George B. Roth, 1997 The most up-to-date professional reference text on positional release therapy, this high-quality clinical text is applicable to the entire musculoskeletal system and easily integrated into physical therapy, chiropractic and osteopathic curriculums. With more than 600 illustrations and photos, this reader-friendly book clearly demonstrates tender point locations, treatment positions and other key topics. Written by clinicians who studied under the technique's inventor, this is a must-have for students and health care professionals who practice manual medicine.

Positional Release Techniques Leon Chaitow, 2002 Building on the success of the 1st Edition and its accompanying video, this outstanding how-to manual features up-to-date chapters that cover the latest developments in the field. This osteopathic method focuses on allowing spontaneous physiological release of hypertonic muscles, including those in spasm. The gentleness of positional release techniques, the ease of application, and the potential for instant response are just a few of the benefits to patients, especially in cases of acute spasm and pain. It also allows chronically tense tissues to relax, making it a useful component of integrated therapeutic interventions that employ other soft tissue and joint normalization procedures. A new CD-ROM included FREE with the text offers high-quality video clips demonstrating specific techniques, as well as the entire text of the book in an on-screen, searchable format.

Modern Neuromuscular Techniques Leon Chaitow, 2010-08-25 Fully updated throughout, this popular book explains the history, rationale, and detailed descriptions of the class of soft tissue manipulation methods known collectively as NMT techniques. Complete with accompanying website - www.chaitowonline.com - which contains film sequences of the author demonstrating the techniques, this book will be ideal for bodyworkers and acupuncturists in Europe, the USA and beyond. - Facilitates the rapid and accurate identification of local soft-tissue dysfunction - Explains the origin of soft tissue distress - Provides diverse maps and explanations for the patterns of tender and trigger points seen daily in clinical practice - Includes guidance on the use of NMT for the treatment of the symptoms of fibromyalgia and abdominal dysfunction - Gives important

guidance on the treatment of trigger points in treating lymphatic dysfunction - Discusses the use of NMT in the management of pain and hyperventilation - Explains the diagnostic and therapeutic value of tender reflex points related to viscerosomatic and somatic-visceral reflexes - Describes both European and North American versions of NMT - Provides a clear set of treatment options for all bodywork therapists and acupuncture practitioners - Authored by a highly respected, internationally known teacher, practitioner and author, with contributions from three leading practitioners from the U.S. and Europe - Contains a new chapter on the value of Thai Yoga massage, associated with NMT methodology - Contains source material and commentary on the contribution of Raymond Nimmo DC in the evolution of NMT - Website - www.chaitowonline.com - containing updated video clips demonstrating the application of NMT

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