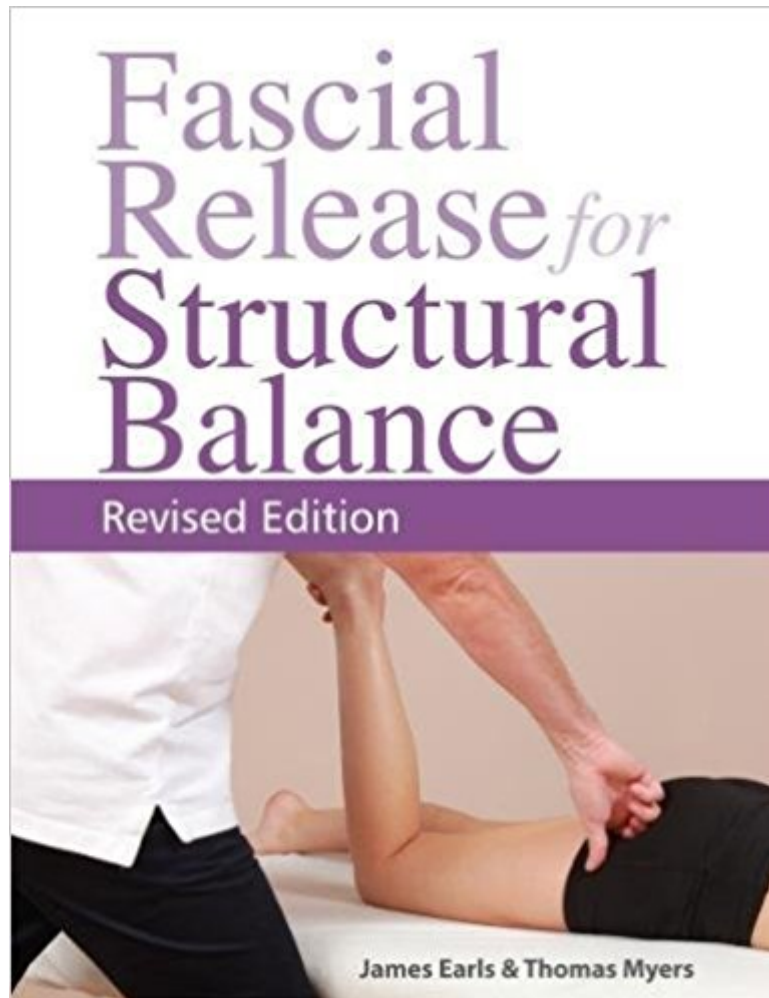




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Fascial Release For Structural Balance



Synopsis

This thoroughly revised edition of the authoritative reference *Fascial Release for Structural Balance* includes all of the most current research on the role of fascia and myofascia in the body, and how treatment affects it. James Earls and Thomas Myers have taken advantage of more sophisticated testing to explore in greater detail the relationship between anatomical structure and function, making this updated edition an even more essential guide. 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 and leading to rapid, effective, and lasting pain relief. The authors argue that approaching the fascia requires "a different eye, a different touch, and tissue-specific techniques." 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. Earls and Myers, both respected bodywork professionals, provide 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.

Book Information

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Customer Reviews

James Earls is the director of Ultimate Massage and Kinesis U.K. He practices Structural Integration and massage therapy in Belfast, Northern Ireland, where he lives. Thomas Myers has practiced integrative structural therapy for more than 30 years in a variety of clinical and cultural settings. The author of the acclaimed bodywork guide *Anatomy Trains* and coauthor of *The Concise Book of the Moving Body*, he lives in Maine.

This book has an amazing amount of information in it - it is not light reading! It is a reference you will return to again and again. Other books explain anatomy, and some books do a good job of explaining facial release, but this is the first book I've seen that really explains the process of "BodyReading" -- using postural assessment as an important tool in the evaluation of bodywork clients. BodyReading does not itself provide a diagnosis; rather, as the book says, "it is a source of questions (and sometimes answers!) that need to be followed through by touch and/or movement". It will change the way you look at the human body.

Good information about fascia, although difficult reading if this isn't something you're already familiar with, or have some education to help you understand the science behind all of it. Well worth it if you are in the therapeutic field.

Product as expected.

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