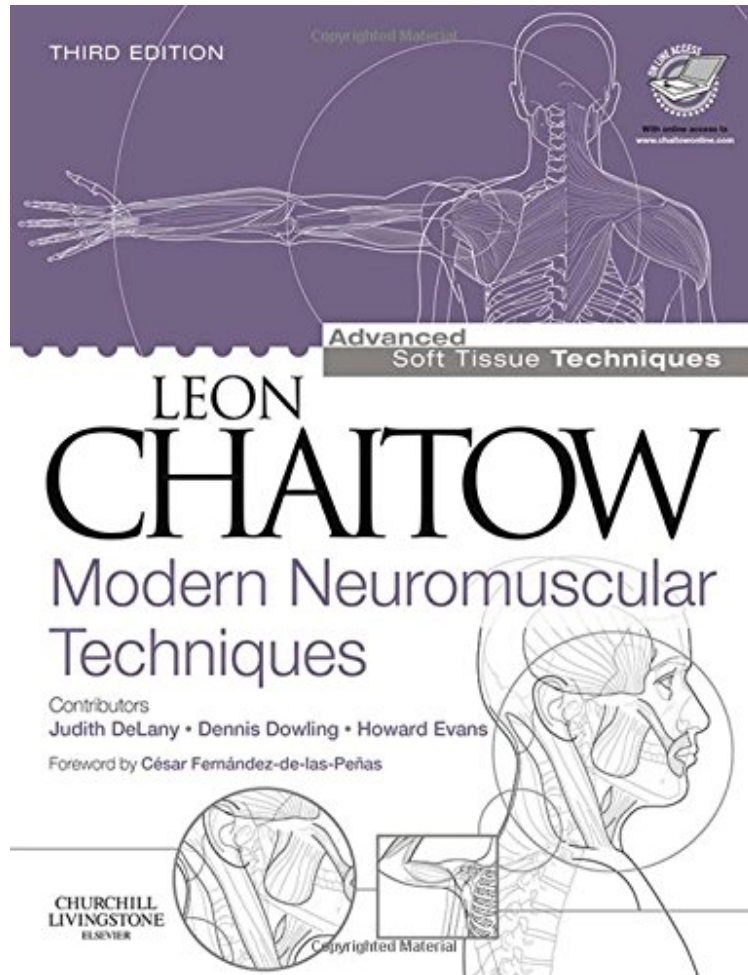


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Modern Neuromuscular Techniques, 3e (Advanced Soft Tissue Techniques)

Leon Chaitow ND DO (UK)

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Leon Chaitow ND DO (UK) : Modern Neuromuscular Techniques, 3e (Advanced Soft Tissue Techniques)
before purchasing it in order to gauge whether or not it would be worth my time, and all praised Modern Neuromuscular Techniques, 3e (Advanced Soft Tissue Techniques):

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By CRYet another wonderful Chaitow text, loaded with therapeutic techniques that work. Leon Chaitow's explanations are clear, and his techniques work, the first time you use them. Once you've attended one of his workshops, reading one of his books is almost as good as being in the workshop. Highly recommended.
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Leon Chaitow and his collaborators have compiled extensive research on the application of force to the body during body work sessions. It offers bodyworkers a lot to consider when working with their clients, and some technique choices they may not be aware of.

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. 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

About the Author
Leon Chaitow ND DO is an internationally known and respected osteopathic and naturopathic practitioner and teacher of soft tissue manipulation methods of treatment. He is author of over 60 books, including a series on Advanced Soft Tissue Manipulation (Muscle Energy Techniques, Positional Release Techniques, Modern Neuromuscular Techniques) and also Palpation Skills; Cranial Manipulation: Theory and Practice; Fibromyalgia Syndrome: A Practitioner's Guide to Treatment, and many more. He is editor of the peer reviewed Journal of Bodywork and Movement Therapies, that offers a multidisciplinary perspective on physical methods of patient care. Leon Chaitow was for many years senior lecturer on the Therapeutic Bodywork degree courses which he helped to design at the School of Integrated Health, University of Westminster, London, where he is now an Honorary Fellow. He continues to teach and practice part-time in London, when not in Corfu, Greece where he focuses on his writing.