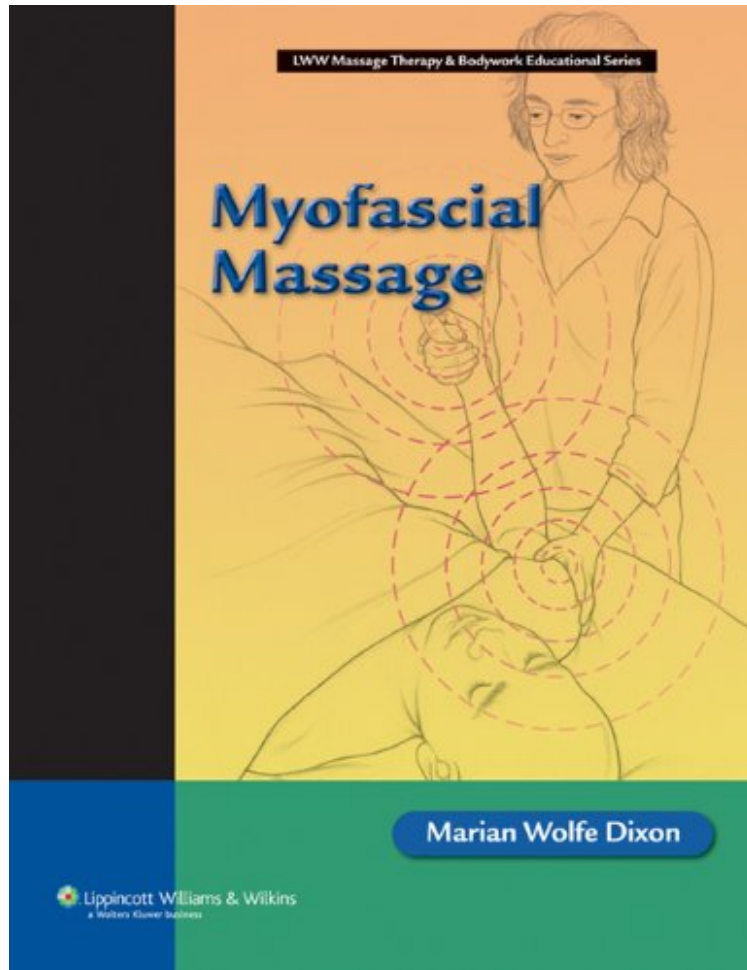


(Free pdf) Myofascial Massage (Lww Massage Therapy Bodywork Educational)

## Myofascial Massage (Lww Massage Therapy Bodywork Educational)

*Marian Wolfe Dixon*

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#1015390 in Books Lippincott Williams Wilkins 2006-07-29 Original language: English PDF # 1 10.88 x .38 x 8.421, 1.21 #File Name: 0781748321240 pages | File size: 43.Mb

**Marian Wolfe Dixon : Myofascial Massage (Lww Massage Therapy Bodywork Educational)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Myofascial Massage (Lww Massage Therapy Bodywork Educational):

2 of 2 people found the following review helpful. Some good information, but a lot I already knew. By Hollie This book was required for my Massage Therapy course. Our teacher only referenced it a few times when talking about some Myofascial stretches. What he taught us from the book were things that I didn't already know. However, I'd say 80% of the book is basic information that comes from a 1st semester of a Massage Therapy program. 0 of 0 people found the following review helpful. Good. By Customer It's pretty much exactly what I needed for class. 8 of 8 people found the following review helpful. Lots of filler. By matcom I am a Massage Therapy Instructor, needing a book to support a

class on myofascial release. I expected a book full of myofascial technique that could be applied in practice immediately. I was disappointed. I should have looked at the chapter of contents: 1) Introduction (including a lot of "what we are about to tell you") 2) Anatomy of Muscle Tissue (12 pages) 3) Anatomy of Connective Tissue (14 pages) 4) Anatomy of Nerve Tissue (18 pages) 5) Neuromuscular Approach - Trigger Point, Draping, Muscle Energy Techniques 6) Direct Connective Tissue Approach - some relevant information here 7) Hatha Yoga to support Direct Methods 8) Indirect Connective Tissue Approach - more relevant information here 9) Exercises to Supplement Indirect Methods 10) Craniosacral Approach - summary of Upledger's method of CST 11) Putting it all together 13 pages Total 217 pages. Many of them have the exact same text on multiple pages. Illustrations are duplicated. There is some good information on guiding principles and a few interesting tidbits about fascia. The book does a good job of describing what fascia is, but contains little "meat". The author gives passing mention on John Barnes Myofascial Release and compares it with Upledger's CST. I'm not sure the author really has a full grasp of Barnes' techniques. No doubt CST works with the fascia of the dura membranes, but I would not buy a Myofascial book to learn Cranial. The duplicated information on draping and positioning is insulting to an advanced therapist. It has a good discussion of Emotional Release and how it can be triggered with myofascial work. Summary: I found maybe 2-5 pages of good information on myofascial release, but very little real techniques to practice. There is also some good introductory information on other topics that don't really belong in this book such as trigger point and CranioSacral. In short, the book would be much improved by eliminating redundant material, expand the chapters on Direct Indirect approach with some specific practical exercises. Summarize or eliminate the other chapters.

This invaluable resource will help practitioners and students sort out differences and similarities between popular myofascial styles. Early chapters offer a solid review of anatomy and physiology as they relate to myofascial massage. Subsequent chapters focus on specific direct and indirect techniques and adjunctive self-care recommendations for clients, including the neuromuscular approach, hatha yoga and exercise to support myofascial massage, and the craniosacral approach. You'll learn the proper procedure for each myofascial technique and understand how to integrate myofascial massage into your bodywork practice. Whether you're looking to broaden your perspective of massage or find the myofascial approach and technique that best suits you and your client, Myofascial Massage is sure to help. Exquisite illustrations enhance learning and understanding by clarifying the techniques. Protocol boxes recommend sequences to follow during actual myofascial massage sessions. Guidelines provide useful strategies for implementing each myofascial approach and improving body mechanics and communication skills during your client sessions. First person experiences will add to your overall understanding of the techniques and their uses. Massage implications, included in each anatomy chapter (Chapters 2-4), help you to understand the influence of myofascial anatomy and physiology on practice. Questions for discussion and review at the end of each chapter encourage you to test your comprehension of the materials and think critically.