
Entirely new, original and abundantly illustrated, this book is an essential guide to the cranial nerves for manual therapists. Incorporates new techniques that have an effect on the most precious part of the cranium, the brain. Teaches you how to manipulate this delicate neural system safely. Has over 100 full color line illustrations showing the anatomy underlying the techniques, while accompanying full color photographs demonstrate the techniques themselves. Will make you aware of the brain as the primary target of your action as practitioner.

Visceral Manipulation

"Osteopathy and other systems of manual medicine have developed a variety of models for understanding the mechanics of proper and improper motion of the musculoskeletal system. In this important and pioneering work, that same structural vision is applied to the visceral system. The central premise of 'Visceral Manipulation' is that the interrelationship of structure and function among the internal organs is at least as strong as that among the constituents of the musculoskeletal system and that, like the musculoskeletal system, manipulation of the visceras can be beneficially used in the treatment of a wide variety of problems affecting any of the body's systems."--Publisher description.

Manual Therapy of the Extremities

With the troubling side effects and surging costs of medications and surgery, Americans are increasingly turning to CranioSacral Therapy as an effective, drug-free, and non-invasive therapy. A gentle, hands-on method of evaluating and enhancing the function of the craniosacral system—the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord—CST boosts the body's natural healing processes and has proven efficacious for a wide range of medical problems from migraines, learning disabilities, and post-traumatic stress disorder to fibromyalgia, chronic neck and back pain, and TMJ. This book provides a broad introduction to this therapy by way of short pieces written by a number of well-known practitioners or experts. In addition to pioneer John E. Upledger, contributors include Richard Grossinger (Planet Medicine), Don Ash (Lessons from the Sessions), Don Cohen (An Introduction to CranioSacral Therapy), and Bill Gottlieb (Alternative Cures). Each selection covers a different aspect of CST: what it is, what it does, how it heals, what the practitioner does during a CST session, CST's relationship to cranial osteopathy and other healing therapies, as well as other topics of interest to the beginner.

Visceral Manipulation

Visceral Manipulation is based on the premise that when an injury has occurred, certain muscles shut down or become inhibited, forcing other muscles to become overworked. This compensation pattern can create pain or tightness. By applying light pressure that the client then resists, the practitioner can evaluate the strength or weakness of each muscle, revealing the sources of injury and retraining the client's body to remove the compensation patterns—reprogramming the body at the neural level. This easy-to-follow practitioner's manual presents a series of muscle tests specifically designed to uncover and resolve compensation patterns in the body. Author David Weinsstock begins by explaining how this approach stimulates the body and mind to resolve pain. Organized anatomically, each section of the book includes clear photographs demonstrating correct positioning of the muscle accompanied by concise explanations and instructions. Labeled anatomical illustrations appear at the end of each section showing the relationships between the muscles and muscle groups. This essential resource is especially useful for physical therapists, chiropractors, orthopedists, and massage therapists looking for new ways to treat underlying causes of pain.

Manual Therapy for Temporomandibular Pai

Manual Therapy for Temporomandibular Pai

Manual Therapy for the Cranial Nerves

Master the techniques and problem-solving skills needed to manage spinal and TMJ disorders! Manual Physical Therapy of the Spine, 2nd Edition provides guidelines to manipulation, manual physical therapy examination, and treatment procedures of the spine and temporomandibular joint. Informed by evidence-based research, this text offers detailed instructions for reaching an accurate diagnosis and developing a plan of care. Written by well-known spinal manipulation expert Kenneth Olson, this resource provides the complete information you need to make sound decisions during clinical interventions. Descriptions of manual therapy techniques include evidence-based coverage of the examination and treatment of spine and TMJ disorders, along with discussions of alternative treatment methods and potential adverse effects and contraindications to manipulation. Guidelines for completing a comprehensive spinal examination include medical screening, the patient interview, disability assessment, and tests and measures, along with an evaluation of the examination findings and the principles involved in arriving at a diagnosis and plan of care. Impairment-based manual physical
therapy approach includes a review of the evidence to support its use to evaluate and treat spinal and TMJ conditions. Case studies demonstrate the clinical reasoning used in manual physical therapy. Guide to Physical Therapist Practice terminology is incorporated throughout the book, using accepted terms familiar in physical therapy settings. Expert author Ken Olson is a highly respected authority on the subject of spinal manipulation in physical therapy. A clear, consistent format for explaining techniques makes this reference easy to use in the clinical setting. NEW! Coverage of emerging topics includes soft tissue assessment, mobilization, dry needling, myofascial pain and trigger points, thoracic outlet syndrome, cervicogenic dizziness, and differentiation of headache types, plus expanded coverage of examination procedures and psychologically informed management strategies for chronic low back pain. NEW! Full-color design and photographs show essential concepts and procedures from multiple angles, illustrating hand and body placement and direction of force. UPDATED evidence-based research provides the latest thinking on manual therapy of the spine.

**Craniosacral Therapy II**

For physical therapists working in hospitals, rehabilitation centers, and in private practice, knowledge of commonly seen traumatic and orthopedic injuries is essential to sound treatment planning. This book offers a focused, easy-to-use guide to general and specialized craniosacral therapy specifically geared to physical therapists and students. From types of injuries and resulting symptoms to diagnosis and treatment, the book brings a structure to treatment planning and greatly improves the communication between patient, physical therapist, and physician. Special Features: Covers all relevant medical information for physical therapists, including general traumatology (wound healing, surgical infections, soft tissue injuries, and fractures), special traumatology (cranial, spinal, thoracic, and abdominal injuries), and multiple trauma and first aid. Offers guidelines on the benefits, effects, and limitations of physical therapy across a wide range of injuries and conditions. Supplies 326 full-color illustrations that clarify every concept includes bulleted summaries at the end of each chapter, for an instant review of the material. Provides quiz questions and a glossary of medical terms at the end of each section. Shares the unique perspective of a practicing physician who also teaches physical therapy at a major international rehabilitation center. Provides a broad understanding of the pathologic basis of traumatic injuries and its effect on restoring function, this book is a key resource on formulating effective physical therapy strategies. Practicing physical therapists, occupational therapists, and physical therapy students will find it an invaluable learning and practice tool.

**Traumatology for the Physical Therapist**

The first neuroanatomy text written specifically for physical therapy students. Instructors finally have a resource created specifically for physical therapy students taking a neuroanatomy course. Neuroanatomy for Physical Therapy provides readers with an understanding of the anatomical localization of brain function in order to help them accurately interpret the wealth of new human brain images now available. The author, a recognized expert in human nervous system development, includes numerous case studies with patient presentations, and due to its importance in physical therapy, extensive coverage of peripheral nerve damage. Content mirrors the standard physical therapy curriculum; freeing instructors from having to use neuroanatomy texts intended for medical students. Numerous line illustrations, angiography, and brain views from MRI and other imaging modalities. Author Tony Mosconi has been listed in the Who's Who of American Teachers (four different years).

**Palpation and Assessment in Manual Therapy**

This title is directed primarily towards health care professionals outside of the United States. The authors combine the latest evidence-based knowledge from the fields of orthodontics, plastic and neurosurgery, as well as otolaryngeal treatments, physiotherapy and manual therapy to provide new treatment strategies for clinicians interested in craniofacial problems. This approach is based on the latest clinical reasoning models. Grounded in pain science theory and modern craniofacial growth concepts, the techniques can be integrated into any manual, neuro-orthopedic treated system of practice. This approach can be easily used in the daily clinic and adapted to a variety of patterns of craniofacial pain. Practical, evidence-based and comprehensive. Highly illustrated. Clearly described manual techniques and management strategies. Clinically relevant. Includes contributions from leaders in the field. Covers adult and paediatric treatment.

**Cranial Manipulation**

The Roots and Philosophy of Dynamic Manual Interface is a personal account of the development and evolution of Frank Lowen's hands-on therapy. A former program director and popular instructor at the Upledger Institute, Lowen begins with his own history and an account of the unique events that have shaped his career. Originally schooled as an artist, Lowen developed an interest in alternative medicine and bodywork. He describes his training at the Upledger Institute (which led to fractures, special traumatology (cranial, spinal, thoracic, and abdominal injuries), and multiple trauma and first aid). Offers guidelines on the benefits, effects, and limitations of physical therapy across a wide range of injuries and conditions. Supplies 326 full-color illustrations that clarify every concept includes bulleted summaries at the end of each chapter, for an instant review of the material. Provides quiz questions and a glossary of medical terms at the end of each section. Shares the unique perspective of a practicing physician who also teaches physical therapy at a major international rehabilitation center. Provides a broad understanding of the pathologic basis of traumatic injuries and its effect on restoring function, this book is a key resource on formulating effective physical therapy strategies. Practicing physical therapists, occupational therapists, and physical therapy students will find it an invaluable learning and practice tool.

**Integrative Manual Therapy for the Autonomic Nervous System and Related Disorder**

**CranioSacral Therapy: What It Is, How It Works**

A quick reference for words and their definitions that are encountered in physical therapy. Also provides lists of frequently used and standardized acronyms and abbreviations for words, medical roots from which many words are derived, commonly used acronyms for evaluative tests and measures, and guidelines for documentation.

**Anatomy Trains E-Book**

At the deepest level of our physiology, all living tissues and fluids expand and contract with the 'breath of life'. Through gentle touch, the skilled practitioner can interact with these subtle rhythms to address physical aches and pains, acute or chronic disease, emotional or psychological disturbances, or simply to promote enduring health and vitality. This new and important textbook demystifies the biodynamic approach to craniosacral therapy and shows how and why it can be so effective at bringing about a natural realignment towards optimal health. The authors describe how to 'listen' and respond appropriately to each client's system, how to create a safe space for working with different kinds of trauma, and how to address specific states of imbalance to support deep-felt and lasting change. Throughout the book, experiential exercises encourage the reader to practice their newly-acquired skills, and refine their knowledge of human anatomy and physiology. A final chapter on practice development covers issues pertinent to practitioners trying to set up and maintain a successful practice. This intensely practical textbook will transform the practice of craniosacral therapists, and contains much that bodyworkers of all kinds will find useful.
Cranial Manipulation

The purpose of this project was to expand the literature on cranio-somatic relationships by identifying previously undocumented functional interactions between specific areas of superficial cranial tissue and specific distal somatic elements. The specific questions for this project focused on functional neuromusculoskeletal interactions observed between somatic tissues and cranial tissues. These interactions were documented in Facilitated Pathways Intervention (FPI), a manual therapy guide. The information in this guide is based on clinical observations of 214 individuals (aged 2 to 77 years) clinically treated by the author over a period of six years. The therapeutic intervention primarily treated musculoskeletal pain and dysfunction utilizing FPI techniques that were augmented by subsequent documentation of observed cranio-somatic relationships. The clinical observations are documented in the FPI manual and show an extensive system of functional craniosomatic relationships. A graphic, Homunculus of the External Cranium (HEC) evolved in the development of the FPI guide and is presented in six illustrations. The graphic is accompanied by a table of 101 muscles and joints detailing the cranio-somatic relationships. Another table presents the somatotopic framework of the identified relationships. The FPI manual details the myofascial procedures, methods, and therapeutic applications. Theoretical and practical implications and recommendations regarding the treatment of neuromuscular dysfunctions are discussed.

Positional Release Techniques with on-line videos

The fascial and membrane technique developed by Peter Schwind combines the fundamental thoughts from Ida Rolf’s Structural Integration with concepts of osteopathy, creating a successful combination of form-stabilizing and mobilizing techniques. The book emphasizes diagnosis and treatment of the breathing patterns manifest in the myofascial system; minimalistic as well as global application joint techniques; visceral techniques in the myofascial context; special treatment techniques in the craniosacral area and care of the upper jaw. Includes comprehensive information on therapy from head to foot with descriptions of the anatomic correlations. Clearly describes the theoretical and practical principles so difficult concepts are easily understandable. Detailed, easily transposed instructions about treatments allow the reader to put the concepts into practice with ease. Photographically documented movements show real examples of topics discussed.

Cranial Intelligence

This is the 4th edition of a well known book from a highly respected author. It has been designed to help manual therapy students and practitioners to understand and acquire the palpatory skills which are essential for evaluating and deciding on appropriate treatment for musculoskeletal dysfunction. The accurate interpretation of palpatory findings is difficult and comes with experience but this book aims to increase the awareness of how to palpate and what is being felt. It is supported by a DVD with video clips and commentary by the author to demonstrate and explain the techniques described in the text.

The Roots and Philosophy of Dynamic Manual Interface

The first textbook covering physical therapy as well as physical medicine aspects of these two highly prevalent headache disorders from both a clinical and evidence-based perspective. Written and contributed by international experts, Tension-Type and Cervicogenic Headache: Pathophysiology, Diagnosis, and Management provides the best current evidence on the pathophysiology, diagnosis, and management of patients with the highly prevalent tension type and cervicogenic headache, integrating the most recent clinical research data with basic science knowledge. It covers both physical therapy and phy

NeuroKinetic Therapy

BodyWise explains how addressing the body’s mechanical needs using the body-mind connection, energy, intention, the principles of osteopathic medicine, and the latest advances in manual therapy can help us escape pain and illness, heal injuries, and stay well. More than 40 stories show that much of what we assume is an inevitable product of mileage and aging is preventable and reversible.

Atlas of Manipulative Techniques for the Cranium & Face

Tendon and Ligament Healing describes how manual therapy can heal tendon and ligament injuries non-surgically. Weintraub presents his own manual therapy model.

A Homunculus of the External Cranium

This expert authored book is a valuable clinical manual for therapists interested in cranial manipulation, a fast-growing area of manual therapy practice. The new edition presents the latest thinking on the use of this valuable approach, supported by the most up-to-date research evidence related to its use. Osteopathic biomechanical and biodynamic concepts are thoroughly examined, in addition to chiropractic and dental approaches involving cranial and cranio-facial manipulation. The book’s unique approach explores both soft tissue and osseous applications, and provides guidance on which option to select in different clinical situations. Descriptions and explanations of techniques are supported by high-quality illustrations, a CD-ROM containing actual video demonstrations, and practical exercises integrated within the text. Cranial osteopathic, cranio-sacral, sacro-occipital (chiropractic), cranio-facial, and dental methods and perspectives are explained and compared. Evidence-based coverage highlights the clinical relevance of the latest research findings. Both osseous and soft tissue assessment and treatment options, and offers guidance on appropriate selection. Clear line drawings supplement the text. Important discussions of theory support guidelines for putting concepts into practice. Numerous exercises on palpation, assessment, and treatment allow the reader to practice techniques and check their understanding as they go. Written by one of the most highly respected practitioners in the field. A companion CD-ROM contains the entire text as well as video segments demonstrating how to perform the technique. Icons in the text direct readers to video footage on the CD-ROM that demonstrates the technique as it’s described. Expanded information is provided on the use of this technique with children. A question-and-answer format has been incorporated into several chapters. A new chapter addresses conditions most commonly treated successfully with this technique. New two-color design clarifies the illustrations and makes the text easy to follow. New contributed chapters discuss the scope of cranial work, the biodynamic model of osteopathy in the cranial field, chiropractic in the cranial field, the link between cranial dysfunction, and the teeth from a dental perspective.

Accessing the Healing Power of the Vagus Nerve

Neuroscience for Rehabilitation
Every year, an estimated 1.7 million Americans sustain brain injury. Long-term disabilities impact nearly half of moderate brain injury survivors and nearly 50,000 of these cases result in death. Brain Neurotrauma: Molecular, Neuropsychological, and Rehabilitation Aspects provides a comprehensive and up-to-date account on the latest developments in the area of neurotrauma, including brain injury pathophysiology, biomarker research, experimental models of CNS injury, diagnostic methods, and neurotherapeutic interventions as well as neurorehabilitation strategies in the field of neurotrauma research. The book includes several sections on neurotrauma mechanisms, biomarker discovery, neurocognitive/behavioral deficits, and neurorehabilitation and treatment approaches. It also contains a section devoted to models of mild CNS injury, including blast and sport-related injuries. Over the last decade, the field of neurotrauma has witnessed significant advances, especially at the molecular, cellular, and behavioral levels. This progress is largely due to the introduction of novel techniques, as well as the development of new animal models of central nervous system (CNS) injury. This book, with its diverse coherent content, gives you insight into the diverse and heterogeneous aspects of CNS pathology and/or rehabilitation needs.

**Orthopaedic Manual Physical Therapy From Art to Evidence**

Acupuncture in Manual Therapy is a comprehensive overview of manual therapy interventions combined with acupuncture management of musculoskeletal disorders covering all major joints of the body. The book is intended to offer physiotherapists and students of acupuncture a clinical reasoning model, whilst supporting suggested interventions with the relevant evidence base in order to alleviate pain, restore function and facilitate rehabilitation within musculoskeletal management. It places an emphasis on the neurophysiological processes of pain management stressing the importance of using the correct intervention for the relevant presenting pain mechanisms. Each chapter discusses suggested manual intervention, acupuncture evidence and physiological processes underpinning this combined approach to musculoskeletal pain and dysfunction including meridian acupuncture, auricular acupuncture, electroacupuncture, tens and trigger point acupuncture as a means of addressing the varying pain patterns presented within musculoskeletal rehabilitation. This book provides knowledge from distinctive and prominent contributors from the world of manual therapy and acupuncture whilst this expertise is further supported by the provision of student case studies to offer student case studies to enhance learning.

**Jones Strain-Counterstrain**

Take an eclectic, evidence-based approach to orthopaedic manual therapy. From theory through practical application of soft tissue and joint mobilization techniques—this comprehensive resource delivers the depth and breadth of coverage you need to optimize patient outcomes through informed clinical decision-making as part of a comprehensive intervention regimen.

**Craniosacral Therapy II: Beyond the Dura**

Craniosacral Therapy II: Beyond the Dura marks yet another step in understanding the craniosacral system and its significance in the clinic. Building on concepts set forth in his pioneering work Craniosacral Therapy, Dr. Upledger further explores the anatomical and physiological bases and clinical implications of several important aspects of the craniosacral system. The first chapter looks at the cranial nerves and how they can be effectively influenced by craniosacral therapy. In the second chapter, the author, through words and pictures, dissects the fascial anatomy of the neck from the perspective of the craniosacral system. Chapter 3 scrutinizes the temporomandibular joint and TMJ syndrome. The final chapter focuses on those concepts and discoveries which have unfolded in Dr. Upledger's clinical practice since the publication of his first book.

**Craniofacial Dysfunction and Pain**

Manual Therapy for the Prostate presents a comprehensive guide to the prostate that includes manual treatment procedures designed to resolve common prostate issues. Based on author Jean-Pierre Barral's clinical practice and his innovative theory of visceral manipulation, the book provides a structured framework rooted in anatomy and physiology. By precisely applying manual techniques to the prostate and surrounding structures, practitioners can successfully treat prostate problems and help patients avoid surgical procedures or medication. Featuring detailed, full-color anatomy illustrations throughout, the book begins with a discussion of the anatomical structure and function of the prostate. Causes of prostate dysfunction are revealed, including predisposing factors such as age, ethnicity, stress level, diet, and tobacco and alcohol usage. The book explores the signs, symptoms, prevention, and allopathic treatments for disease and dysfunction of the prostate. Examination and manual treatment protocols, contraindications and precautions, and the various goals the practitioner is working to achieve are clearly described. Explaining how all pelvic structures have links with the rest of the body, the book concludes by demonstrating how the entire body is interconnected and elucidating the influence of stress and emotional issues in prostate dysfunction.


This long awaited textbook, and its companion texts, from The Ola Grimsby Institute provide decades of clinical experience and reasoning, with both historical and current evidence, with rationale for active treatments in orthopaedic manual therapy. Practical guidelines for exercise rehabilitation are presented with this logical and exciting work. Incorporating experience and science, this book provides new approaches and treatment principles to make what you already do more effective. Extensive Content: Over 368 pages and 725 illustrations, photographs and tables Ola Grimsby and his co-authors have compiled a significant resource for the practicing physical therapist and manual therapist. Ideal for both the classroom and clinic.

**Brain Neurotrauma**

This book is the first of its kind: a text for systematic treatment of tissues and structures innervated by the automatic nervous system. Muscle spasms induced by stress, visceral and circulatory problems and central nervous system dysfunctions can be alleviated. Arterial and venous blood flow will increase. Lymphatic drainage will improve. Muscles of organs and eyes and speech and swallowing will function more efficiently. Tendon Release Therapy for treatment of tendon lesions and scars is presented. Disc Therapy for effective elimination of discogenic problems is covered. Over one hundred techniques are presented in this book.

**Tendon and Ligament Healing**

This is a practical 'how to' handbook for osteopathic students and practitioners. The approach is based upon cranial osteopathic principles and provides the application of indirect, functional osteopathic manipulative methods for treating infants and children. Fundamental information about the diagnosis of somatic dysfunction and application of treatment is presented in a clear, straightforward style and illustrated by extensive line drawings and photographs. A practical 'how to' manual for students and practitioners of osteopathy. Line drawings and photographs clearly illustrate the application of the manipulative methods of treatment.
Fascial and Membrane Technique

Classically, manipulations of the cranium address the sutures, the membranes and the circulation of cerebral spinal fluid. The proper functioning of these elements requires not only the mechanical harmony of the craniosacral system, but relies also on the exchange of information organized around proprioceptors, baroreceptors and chemoreceptors. These receptors are extremely sensitive. It is the nervous system -cranial nerves, and the autonomic nervous system - which transports this intelligence. Neural dysfunctions have, therefore the ability to disturb the fundamental components of the primary respiratory mechanism. Entirely new, original and abundantly illustrated, this book is an essential guide with which to visualize and become familiar with the cranial nerves. It will teach the practitioner manipulations of this delicate nervous system as well as new techniques which permit one to have an effect on the most precious part of the cranium: the brain.

Craniocerebral Pain

The new edition of this hugely successful book continues to present a unique understanding of the role of fascia in healthy movement and postural distortion which is of vital importance to bodyworkers and movement therapists worldwide. Fully updated throughout and now with accompanying website (www.myersmyofascialmeridians.com), Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists will be ideal for all those professionals who have an interest in human movement: massage therapists, structural integration practitioners, craniosacral therapists, yoga teachers, osteopaths, manual therapists, physiotherapists, athletic trainers, personal trainers, dance and movement teachers, chiropractors and acupuncturists. Provides a revolutionary approach to the study of human anatomy which has been shown to improve the outcomes of physical therapies traditionally used to manage pain and other musculoskeletal disorders. Describes a theory which is applicable to all common types of movement, posture analysis and physical treatment modalities. Layout designed to allow the reader to gather the concept quickly or gain a more detailed understanding of any given area according to need. Design icons direct readers to their own specialist areas of interest, e.g. manual therapy, movement therapy, visual assessment, kinaesthetic education or supplementary video material. Appendices discuss the relevance of the Anatomy Trains concept to the work of Dr. Louis Schulte (Meridians of Latitude), Aida Roff (Structural Integration) and the practice of Oriental Medicine. Accompanying website (www.myersmyofascialmeridians.com) presents multi-media exploration of the concepts described in the book - film clips from Kinesis DVDs, computer graphic representations of the Anatomy Trains, supplementary dissection photographs and video clips, webinars, and some extra client photos for visual assessment practice. Text updated in relation to the most up-to-date research originally published at the International Fascia Research Congress, Vancouver, 2012. Includes the latest evidence for the scientific basis of common clinical findings, including preliminary evidence from human fascial dissections. Explores the role of fascia as our largest sensory organ. Contains updates arising out of continual teaching and practice – for example, the role of the fascia and its interconnectivity in the generation of pain and/or force transmission. New chapter discusses the role of Anatomy Trains theory in the analysis of gait. Video clips on an associated website (www.myersmyofascialmeridians.com) present examples of the concepts explored in the book. Podcasts on the website explore the therapeutic techniques involved. Website addresses and references fully updated throughout.

Cranial Osteopathy for Infants, Children and Adolescents

This practical guide to understanding the cranial nerves as the key to our psychological and physical well-being builds on Stephen Porges’s Polyvagal Theory—one of the most important recent developments in human neurobiology. Drawing on more than thirty years of experience as a craniosacral therapist and Rolfer, Stanley Rosenberg explores the crucial role that the vagus nerve plays in determining our psychological and emotional states and explains that a myriad of common psychological and physical symptoms—from anxiety and depression to migraines and back pain—indicates a lack of proper functioning in the vagus nerve. Through a series of easy self-help exercises, the book illustrates the simple ways we can regulate the vagus nerve in order to initiate deep relaxation, improve sleep, and recover from injury and trauma. Additionally, by exploring the link between a well-regulated vagus nerve and social functioning, Rosenberg’s findings and methods offer new hope that by improving social behavior it is possible to alleviate some of the symptoms at the core of many cases of autism spectrum disorders. Useful for psychotherapists, doctors, bodyworkers, and caregivers, as well as anyone who experiences the symptoms of chronic stress and depression, this book shows how we can optimize autonomic functioning in ourselves and others, and bring the body into the state of safety that activates its innate capacity to heal.

Manual Therapy for the Cranial Nerves


Tension-Type and Cervicogenic Headache

Positional Release Techniques continues to be the go-to resource for those who want to easily learn and confidently use this manual approach to safely manage pain and dysfunction in humans (and animals). As well as a structural revision, the fourth edition now includes new illustrations and chapters with videos and an image bank on a companion website to reinforce knowledge. At its core, the book explores the principles and modalities of the different forms of positional release techniques and their application which range from the original strain/counterstrain method to various applications in physical therapy, such as McKenzie’s exercise protocols and kinesio-taping methods that ‘unload’ tissues. These methods are traced from their historical roots up to their current practice with a showcase of emerging research and evidence. In addition to a series of problem-solving clinical descriptions supported by photos of assessment and treatment methods, learning is further boosted by practical exercises which examine PRT methodology and the mechanics of their use. Emphasises safety and usefulness in both acute and chronic settings Comprehensive coverage of all methods of spontaneous release by positioning Easy to follow and extensively illustrated Balanced synopsis of concepts and clinical-approach models throughout. Learning supported by problem-solving clinical descriptions and practical exercises in the book as well as videos and downloadable images on the companion website. - www.chaitowpositionalrelease.com Revised content/structure New chapters including: Strain/counterstrain research Positional release and fascia Balanced ligamentous tension techniques Visceral positional release: the counterstrain model Redrawn and new artwork Companion website – www.chaitowpositionalrelease.com – containing videos that demonstrate application of PRTs and bank of downloadable images

(Producer) Explains and demonstrates the techniques of cranial manipulation, and explains the clinical applications for which it can be used.

Manual Therapy for the Extremities presents manual therapy techniques from a variety of perspectives. The presentation of multiple techniques for each joint restriction is a unique feature of this book that provides students with a comprehensive and well-rounded approach to mobilization. The consistent format in the presentation of techniques makes for an easy-to-use resource for students and practicing physical therapists. Additionally, the majority of manual therapy books on the market focus on the spine, whereas this book focuses on the upper and lower extremities.
Quick Reference Dictionary for Physical Therapy

In CranioSacral Therapy: Touchstone for Natural Healing, John E. Upledger, DO, OMM, recounts his development of CranioSacral Therapy. He shares poignant case studies of restored health: a five-year-old autistic boy, a man with Erb’s palsy, a woman with a fifteen year history of severe headaches, and numerous others. And he offers simple CranioSacral Therapy techniques you can perform at home on yourself or loved ones.

Manual Therapy for the Prostate

With more than one hundred illustrated techniques, Atlas of Manipulative Techniques for the Cranium & Face is one of the most comprehensive sources of cranial techniques available. Organized by bone, each technique is illustrated through remarkable drawings which graphically depict the placement and movement of the practitioner's hands on the patient’s head. Accompanying text systematically describes the purpose of the technique, the position of both patient and practitioner, the points of contact, and the movement of hands and fingers in relation to the cranial motion. The concise, systematic description of each technique and the vivid illustrations which accompany the text have contributed equally to the success which this book has enjoyed throughout the world.

CranioSacral Therapy: Touchstone for Natural Healing

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