



APPLICATION OVERVIEW:

This application can be used to relieve pressure, provide support, and increase circulation to the area.

ITEMS NEEDED:

3 pre-cut strips of StrengthTape
Scissors



Avoid touching the ends of the tape.



Clean any oils and lotions from area.



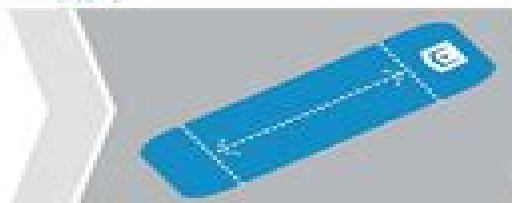
After applying, firmly rub the tape to activate adhesive.



Trim excess hair for better adhesion.

FULL KNEE STABILITY

TIP:



Always anchor the first and last two inches with absolutely no stretch.

PREPERATION



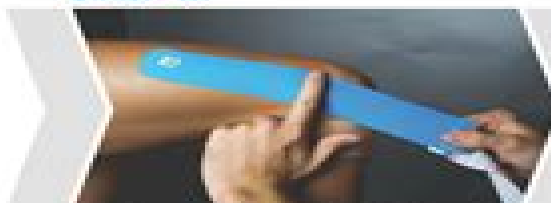
Cut a full strip in half with rounded corners to make 2 short strips.

STEP 1:



Bend knee to a 90 degree angle. Apply both half strips (one on top of the other) below the knee with 75% stretch.

STEP 2:



Anchor end to the thigh above the knee. Apply with 25% stretch until the you reach the top of the knee cap.

STEP 3:



Apply the remaining half with a 50% stretch while crossing under the knee.

STEP 4:



Mirror steps 2 & 3 on the opposite side of the knee. Anchoring ends with no stretch. Rub firmly to activate adhesive.

Kinesio Taping Manual Improving Strength

**Rebecca Saunders, Romina
Astifidis, Susan L. Burke, James
Higgins, Michael A. McClinton**



Kinesio Taping Manual Improving Strength:

Orthopedic Taping, Wrapping, Bracing, and Padding Joel W. Beam, 2021-01-05 Master the art and science of taping wrapping bracing and padding techniques for the prevention treatment and rehabilitation of common injuries and conditions Step by step the author details multiple methods for each injury condition not just the most popular approach You ll learn which technique to use and how to analyze the effectiveness of the technique Full color photographs give you a clear understanding of each step Insightful discussions based on the best available evidence develop the knowledge skills and clinical abilities you need to meet the needs of the patient Equine Sports Medicine and Surgery - E-Book Kenneth W Hinchcliff, Andris J. Kaneps, Raymond J. Geor, Emmanuelle Van Erck-Westergren, 2023-12-15 Get evidence based guidelines to keeping athletic horses healthy and physically fit Equine Sports Medicine and Surgery 3rd Edition provides a comprehensive guide to exercise physiology and training within a clinical context along with a detailed review of all diseases affecting horses participating in racing and competition Not only does this text discuss the physiological responses of each body system to exercise but it covers nutritional support the prevention of exercise induced disorders and lameness and modification of training regimens New to this edition are topics such as drug effects on performance and the use of cloud based technologies for monitoring performance as well as new content on exercise physiology welfare conditioning farriery behavior and vision Written by an expert team of international authors each print purchase of this this authoritative all in one resource comes with an ebook NEW Chapters in this edition include History of Equine Exercise Physiology Welfare of Equine Athletes in Sport and the Social License to Operate The Connected Horse focusing on innovative cloud based technologies used to monitor athletic horses Conditioning of the Equine Athlete Principles of Sport Horse Farriery Epidemiology and Control of Infectious Respiratory Disease in Populations of Athletic Horses Behavior and Behavioral Abnormalities in Athletic Horses Vision and Disorders of Vision in Performance Horses Detection of Drug Use in Athletic Horses Drug Effects on Performance of the Equine Athlete Comprehensive coverage is based on sound research and evidence based practice and provides an understanding of the physiologic processes underlying the responses of horses to exercise and physical conditioning from musculoskeletal and respiratory disorders to nutrition and physical rehabilitation International perspective on equine athletics includes guidelines pertinent to different geographic areas and racing jurisdictions More than 1 000 images include medical illustrations and clinical photos depicting equine anatomy testing and treatment scenarios as well as radiographic ultrasonographic CAT and MRI imaging to support understanding and diagnosis Coverage of abnormalities of the upper airway is now divided into two chapters Disease of the Nasopharynx and Diseases of the Larynx and Trachea Coverage of diseases of the heart is divided into two chapters Arrhythmias and Abnormalities of the Cardiac Conduction System and Structural Heart Disease Cardiomyopathy and Diseases of Large Vessels eBook version included with print purchase gives you the power to access all the text figures and references with the ability to search customize your content make notes and

highlights and have content read aloud *Essentials of Physical Medicine and Rehabilitation E-Book* Walter R. Frontera, Julie K. Silver, Thomas D. Rizzo, 2014-08-04 From sore shoulders to spinal cord injuries *Essentials of Physical Medicine and Rehabilitation* 3rd Edition provides you with the knowledge you need to get your patients moving again This practical and authoritative new edition delivers easy access to the latest advances in the diagnosis and management of musculoskeletal disorders and other common conditions requiring rehabilitation Each topic is presented in a concise focused and well illustrated format featuring a description of the condition discussion of symptoms examination findings functional limitations and diagnostic testing An extensive treatment section covers initial therapies rehabilitation interventions procedures and surgery Consult this title on your favorite e reader conduct rapid searches and adjust font sizes for optimal readability Put concepts into practice Practical clinically relevant material facilitates the diagnosis and treatment of musculoskeletal pain and chronic disabling conditions Develop a thorough clinically relevant understanding of interventions such as physical agents and therapeutic exercise in the prevention diagnosis treatment and rehabilitation of disorders that produce pain impairment and disability Find answers fast thanks to a consistent chapter organization that delivers all the content you need in a logical practical manner Get a broader perspective on your field from new chapters on Labral Tears of the Shoulder and Hip Pubalgia Chondral Injuries Central Post Stroke Pain Thalamic Pain Syndrome Chemotherapy induced Peripheral Neuropathy Radiation Fibrosis Syndrome and Neural Tube Defects Stay current with expanded and updated coverage of diagnosis management and rehabilitation of Cervical Dystonia Suprascapular Neuropathy Epicondylitis Temporomandibular Joint Pain Spinal Cord Injury Stroke Adhesive Capsulitis of the Hip and Adductor Strain of the Hip Glean the latest information on hot topics in the field such as cancer related fatigue polytrauma and traumatic brain injury Efficiently and expertly implement new ICD 10 codes in a busy outpatient setting *Rehabilitation of the Hand and Upper Extremity, E-Book* Terri M. Skirven, A. Lee Osterman, Jane Fedorczyk, Peter C. Amadio, Sheri Felder, Eon K Shin, 2020-01-14 Long recognized as an essential reference for therapists and surgeons treating the hand and the upper extremity *Rehabilitation of the Hand and Upper Extremity* helps you return your patients to optimal function of the hand wrist elbow arm and shoulder Leading hand surgeons and hand therapists detail the pathophysiology diagnosis and management of virtually any disorder you're likely to see with a focus on evidence based and efficient patient care Extensively referenced and abundantly illustrated the 7th Edition of this reference is a must read for surgeons interested in the upper extremity hand therapists from physical therapy or occupational therapy backgrounds anyone preparing for the CHT examination and all hand therapy clinics Offers comprehensive coverage of all aspects of hand and upper extremity disorders forming a complete picture for all members of the hand team surgeons and therapists alike Provides multidisciplinary global guidance from a Who's Who list of hand surgery and hand therapy editors and contributors Includes many features new to this edition considerations for pediatric therapy a surgical management focus on the most commonly used techniques new timing of

therapeutic interventions relative to healing characteristics and in print references wherever possible Features more than a dozen new chapters covering Platelet Rich Protein Injections Restoration of Function After Adult Brachial Plexus Injury Acute Management of Upper Extremity Amputation Medical Management for Pain Proprioception in Hand Rehabilitation Graded Motor Imagery and more Provides access to an extensive video library that covers common nerve injuries hand and upper extremity transplantation surgical and therapy management and much more Helps you keep up with the latest advances in arthroscopy imaging vascular disorders tendon transfers fingertip injuries mobilization techniques traumatic brachial plexus injuries and pain management all clearly depicted with full color illustrations and photographs **Mosby's Fundamentals**

of Therapeutic Massage - E-Book Sandy Fritz,Luke Allen Fritz,2024-05-28 Gain the knowledge and skills you need to succeed in massage therapy Mosby's Fundamentals of Therapeutic Massage 8th Edition helps you prepare for licensing and certification exams as well as professional practice The book provides an in depth understanding of the principles of therapeutic massage and helps you develop the ability to reason effectively and make informed decisions from assessing problems and planning treatment to mastering massage protocols and techniques Hundreds of photographs demonstrate massage techniques step by step and case studies allow you to apply concepts to real world situations Featuring dozens of online how to videos this resource from massage therapy experts Sandy and Luke Fritz is your text of choice Comprehensive coverage includes all of the fundamentals of therapeutic massage including massage techniques equipment and supplies wellness working with special populations and business considerations Step by step full color photographs demonstrate massage protocols and techniques by body area Competency based approach helps you prepare for and pass licensing and certification exams including the Massage and Bodywork Licensing Examination MBLEx and Board Certification in Therapeutic Massage and Bodywork BCTMB Information on massage in various health care settings provides the information needed to create a massage setting in different types of environments Case studies offer practice with clinical reasoning and prepare you to address conditions commonly encountered in professional practice Multiple choice review questions in each chapter help you recall facts and use critical thinking to apply the material with answers and rationales provided on the Evolve website Resources on the Evolve website include three hours of video showing manipulation techniques body mechanics positioning and draping and more with each clip narrated and performed by author Sandy Fritz as well as scientific animations anatomy labeling exercises review questions for licensing exams and MBLEx practice exams NEW Updated MBLEx practice questions are provided at the end of each chapter and additional questions are provided on the Evolve website to prepare you for licensure exams NEW Updated and expanded information on implicit bias is included in the opening chapters NEW Information on COVID 19 safety precautions is added to the Hygiene Sanitation and Safety chapter NEW Updated information on trauma informed care is provided in the Adaptive Massage chapter [Oncology Rehabilitation](#) **E-Book** Deborah Doherty,Chris Wilson,Lori Boright,2022-07-23 Coverage of physical therapy patient management includes

acute care outpatient and multidisciplinary clinical settings along with in depth therapeutic management interventions Content on the continuum of cancer care addresses the primordial primary secondary tertiary and quaternary stages in prevention and treatment Focus on clinicians includes the professional roles responsibilities self care and values of the oncology rehabilitation clinician as an integral member of the cancer care team Information on inseparable contextual factors helps in dealing with administrative infrastructure and support advocacy payment and reimbursement of rehabilitation as well as public policy Evidence Summary and Key Points boxes highlight important information for quick at a glance reference Clinical case studies and review questions enhance your critical thinking skills and help you prepare for board certification specialty practice and or residency Enhanced eBook version included with print purchase allows you to access all of the text figures and references from the book on a variety of devices Resources in the eBook include videos board review questions case studies and a curriculum map to highlight and demonstrate the correlation to the requirements for Oncology Rehabilitation Residency programs and the board certification exam Guidebook approach provides immediate meaningful application for the practicing oncology rehabilitation clinician Year Book of Sports Medicine 2013 Roy J

Shephard,2013-12-28 The Year Book of Sports Medicine brings you abstracts of articles carefully selected from more than 500 journals worldwide Expert commentaries evaluate the clinical importance of each article and discuss its application to your practice Editor in Chief Roy Shephard states Not only does a team of top international experts select the very best articles from a bewildering plethora of recent information but their expert critique of the individual papers allows readers to weigh their limitations and understand findings that can enhance their current medical practice There s no faster or easier way to stay informed Topics include Epidemiology Prevention of Injuries Lesions of Head and Neck Musculoskeletal Injuries Biomechanics Muscle Strength and Training Physical Activity Cardiorespiratory Physiology and Immune Function Nutrition and Doping and Special Considerations Children Women the Elderly and Special Populations **Hand and Upper**

Extremity Rehabilitation Rebecca Saunders,Romina Astifidis,Susan L. Burke,James Higgins,Michael A. McClinton,2015-11-19 Blending the latest technical and clinical skills of hand surgery and hand therapy Hand and Upper Extremity Rehabilitation A Practical Guide 4th Edition walks you through the treatment of common medical conditions affecting the upper extremities and highlights non surgical and surgical procedures for these conditions This expanded fourth edition presents the latest research in hand and upper extremity rehabilitation and provides the purpose and rationale for treatment options Clinical outcomes included in each chapter relate clinical expectations to the results of clinical research trials providing you with the expected range of motion and function based on evidence in the literature Highly structured organization makes information easy to find allowing the text to function as a quick reference in the clinical setting Contributors from a variety of clinical settings like hand therapy clinics hospitals and outpatient clinics means you get to learn from the experience of clinicians working in diverse clinical contexts like yourself Over 400 line drawings and clinical

photographs delineate important concepts described in text Chapters divided into eight parts Wound Management Nerve Injuries Tendon Injuries Shoulder Elbow Wrist and Distal Radial Ulnar Joint Hand and Special Topics so information can be located quickly 51 leading experts offer fresh insight and authoritative guidance on therapeutic approaches for many common diagnoses Treatment guidelines presented for each stage of recovery from a wide range of upper extremity conditions NEW Authoritative quick reference guide to surgical and non surgical procedures for hand and all upper extremity conditions NEW Updated information and references offers the latest information and research in the areas of hand and upper extremity rehabilitation NEW Larger trim size and new design accommodates a two column format that is easier to follow

Pierson and Fairchild's Principles & Techniques of Patient Care - E-Book Sheryl L. Fairchild, Roberta O'Shea, 2022-03-05 Before you can master your role in physical therapy you must first master the basics of patient care Pierson and Fairchild's Principles Techniques of Patient Care 7th Edition provides a solid foundation in the knowledge and skills needed for effective patient care Clear step by step instructions show how to safely perform common procedures and tasks such as assessment of vital signs positioning and draping range of motion exercises and patient transfer activities Rationales make it easy to understand why specific techniques are used Written by physical therapy experts Sheryl Fairchild and Roberta O'Shea this book includes an enhanced eBook free with each new print purchase with video clips demonstrating procedures and techniques Content based on the World Health Organization's ICF model International Classification of Functioning Disability and Health the model currently endorsed by the APTA and AOTA ensures you are referencing the most current theories and practice guidelines of physical and occupational therapy More than 800 full color photographs illustrate the concepts and techniques used in the assessment and management of patients in the rehabilitation setting Procedure boxes include clear guidelines for performing each step of patient care tasks such as proper lifting techniques patient transfers basic wound care and assessment of vital signs Insights into physiological principles and rationales explain why specific techniques and procedures are used Guidelines principles and precautions boxes offer additional tips for optimal assessment and management of patients in the rehabilitation setting Self study and problem solving activities include case studies at the end of each chapter to help you understand important concepts and practice your decision making and problem solving skills Coverage of professionalism professional values and ethics discusses workplace guidelines and describes how to apply those guidelines to your patient interactions NEW Revised content provides the current information you need to be an effective practitioner in physical therapy and occupational therapy and includes input from clinical experts NEW Content on COVID 19 includes instructions on donning and doffing PPE and is aligned with the latest CDC guidelines NEW Updated patient questions and documentation guidelines on wound care are included NEW Coverage of preventive patient positioning and objectively assessing patient pain is updated and expanded NEW sections address early mobilization and exercise in the ICU NEW Enhanced eBook version included with print purchase allows you to access all of the text

figures and references from the book on a variety of devices NEW Video clips are included in the enhanced eBook version included with print purchase demonstrating techniques and procedures

Case-Smith's Occupational Therapy for Children and Adolescents - E-Book Jane Clifford O'Brien, Heather Kuhaneck, 2019-09-26 Selected for Doody's Core Titles 2024 with Essential Purchase designation in Occupational Therapy The number one book in pediatric OT is back Focusing on children from infancy to adolescence Case Smith's Occupational Therapy for Children and Adolescents 8th Edition provides comprehensive full color coverage of pediatric conditions and treatment techniques in all settings Its emphasis on application of evidence based practice includes eight new chapters a focus on clinical reasoning updated references research notes and explanations of the evidentiary basis for specific interventions Coverage of new research and theories new techniques and current trends with additional case studies keeps you in step with the latest advances in the field Developmental milestone tables serve as a quick reference throughout the book Full color contemporary design throughout text includes high quality photos and illustrations Case based video clips on the Evolve website demonstrate important concepts and rehabilitation techniques Research Notes boxes and evidence based summary tables help you learn to interpret evidence and strengthen clinical decision making skills Coverage of OT for children from infancy through adolescence includes the latest research techniques and trends Case studies help you apply concepts to actual situations you may encounter in practice Learning objectives indicate what you will be learning in each chapter and serve as checkpoints when studying for examinations A glossary makes it easy for you to look up key terms NEW Eight completely new chapters cover Theory and Practice Models for Occupational Therapy With Children Development of Occupations and Skills From Infancy Through Adolescence Therapeutic Use of Self Observational Assessment and Activity Analysis Evaluation Interpretation and Goal Writing Documenting Outcomes Neonatal Intensive Care Unit and Vision Impairment NEW A focus on theory and principles Practice Models promote clinical reasoning NEW Emphasis on application of theory and frames of reference in practice appear throughout chapters in book NEW Developmental milestone tables serve as quick reference guides NEW Online materials included to help facilitate your understanding of what's covered in the text NEW Textbook is organized into six sections to fully describe the occupational therapy process and follow OTPF

Applied Therapeutics Caroline S. Zeind, Michael G. Carvalho, Judy W. Cheng, Kathy Zaiken, Trisha LaPointe, 2023-01-06 50th Anniversary Edition of the groundbreaking case based pharmacotherapy text now a convenient two volume set Celebrating 50 years of excellence Applied Therapeutics 12th Edition features contributions from more than 200 experienced clinicians This acclaimed case based approach promotes mastery and application of the fundamentals of drug therapeutics guiding users from General Principles to specific disease coverage with accompanying problem solving techniques that help users devise effective evidence based drug treatment plans Now in full color the 12th Edition has been thoroughly updated throughout to reflect the ever changing spectrum of drug knowledge and therapeutic approaches New chapters ensure contemporary relevance and up to date IPE case studies

train users to think like clinicians and confidently prepare for practice *Understanding Stroke Recovery to Improve Outcomes: From Acute Care to Chronic Rehabilitation* Adriana Bastos Conforto, Juan Francisco Arenillas, Julie Bernhardt, Andreas R. Luft, Sook-Lei Liew, Tomoko Kitago, 2022-11-09 *Physical Therapy* Hideki Nakano, 2024-02-28 Since the concept of evidence based medicine was introduced into medical practice a paradigm shift from conventional empirical based physical therapy to evidence based physical therapy has been promoted In order to practice evidence based physical therapy the elements of using evidence creating evidence and communicating evidence are essential However these practical methods still need wide dissemination As such this book provides a comprehensive overview of evidence based physical therapy Chapters are organized into three sections Physical Therapy Theory Physical Therapy Assessment and Physical Therapy Practice This book will help healthcare professionals establish evidence based physical therapy and deliver optimal physical therapy to their patients **International Handbook Of Massage Therapy (Volume-2)** Dr. Jogiswar Goswami, Dr. Pankaj Pandey, This handbook isn t focused on massage techniques theory or anatomy Instead it s designed to guide practitioners on the entrepreneurial and client experience aspects of massage therapy It covers how to become a successful professional in the field no matter the location by paying attention to the details that truly matter VI Latin American Congress on Biomedical Engineering CLAIB 2014, Paraná, Argentina 29, 30 & 31 October 2014 Ariel Braidot, Alejandro Hadad, 2015-03-13 This volume presents the proceedings of the CLAIB 2014 held in Paran Entre R os Argentina 29 30 Sensors Micro and Nano Technologies Biomaterials Tissue Engineering and Artificial Organs Biomechanics Robotics and Motion Analysis Biomedical Images and Image Processing Biomedical Signal Processing Clinical Engineering and Electromedicine Computer and Medical Informatics Health and home care telemedicine Modeling and Simulation Radiobiology Radiation and Medical Physics Rehabilitation Engineering and Prosthetics Technology Education and Innovation **A Comprehensive Guide to Sports Physiology and Injury Management** Stuart Porter, Johnny Wilson, 2020-11-13 Divided into two parts physiology and sports injury management this is an innovative clinical and evidence based guide which engages with the latest developments in athletic performance both long and short term It also considers lower level exercise combined with the pertinent physiological processes It focuses on the rationale behind diagnostic work up treatment bias and rehabilitation philosophy challenging convention within the literature to what really makes sense when applied to sports settings Drawing upon experts in the field from across the world and various sports settings it implements critical appraisal throughout with an emphasis on providing practical solutions within sports medicine pedagogy Dovetails foundational sports physiology with clinical skills and procedures to effectively manage sports injuries across a variety of settings Takes an interdisciplinary approach and draws upon both clinical and evidence based practice Contributed by leading international experts including academics researchers and in the field clinicians from a range of sports teams including the Royal Ballet and Chelsea FC Pedagogical features include learning objectives clinical tip boxes summaries case

studies and Editor's commentary to critique of concepts and techniques across chapters

Massage Therapy E-Book
Susan G. Salvo, 2019-02-28 Make the essential principles of massage therapy more approachable Covering massage fundamentals techniques and anatomy and physiology Massage Therapy Principles and Practice 6th Edition prepares you for success in class on exams and in practice settings The new edition of this student friendly text includes more than 700 images expanded information on the latest sanitation protocols critical thinking questions at the end of each chapter and updated pathologies which reflect what you will encounter in the field UPDATED pathologies ensure they are current and reflect what you will see in the field as a practitioner UPDATED Research Literacy and evidence informed practice skills emphasize how to locate and apply scientific data and the latest research findings in your massage practice Licensing and Certification Practice Exams on Evolve mimics the major high stakes exams in format and content builds confidence and helps increase pass rates Complete anatomy and physiology section in addition to material on techniques and foundations you all the information you need in just one book Robust art program enhances your understanding and comprehension of each topic presented through visual representation Case studies challenge you to think critically and apply your understanding to realistic scenarios foster open mindedness cultural competency and stimulate dialogue Profile boxes provide an inspirational real world perspective on massage practice from some of the most respected authorities in massage and bodywork Clinical Massage chapter focuses on massage in therapeutic and palliative settings such as hospitals chiropractic and physical therapy offices nursing homes and hospice care centers to broaden your career potential Business chapter loaded with skills to help make you more marketable and better prepared for today's competitive job market NEW UPDATED information throughout including the latest sanitation protocols ensures the most current accurate and applicable content is provided and is appropriate for passing exams and going straight into practice NEW Critical thinking questions at the end of the chapters help you develop clinical reasoning skills NEW Maps to FSMTB's MBLE exam the Entry Level Analysis Project ELAP and Massage Therapy Body of Knowledge MTBOK to illustrate that our content is in line with the core entry level massage therapy curriculum NEW Revised Kinesiology images include colored indications of origins and insertions

The Runner's Guide to Healthy Feet and Ankles Brian W. Fullem, 2016-09-20 In the sport of running there is no more important piece of equipment than your feet In The Runner's Guide to Healthy Feet and Ankles distinguished sports physician Brian W Fullem provides with you essential information on how to best take care of these important appendages With sections on injury prevention helpful foot exercises and other key areas of maintaining foot health The Runner's Guide to Healthy Feet and Ankles is indispensable to any serious runner Within its pages discover How to select the best sneaker for your foot type How to identify the difference between soreness and actual injury Select the best supplements to take to prevent future problems When to decide to undergo foot surgery And dozens more tips for maintaining optimal foot health With The Runner's Guide to Healthy Feet and Ankles you'll have all the information that you

ll ever need to race your way to a future filled with fast times and strong feet **A Manual of Orthopaedic Terminology, E-Book** Fred R. T. Nelson, Carolyn Taliaferro Blauvelt, 2021-11-03 Now completely updated regarding the latest procedures materials devices classification systems and technologies A Manual of Orthopaedic Terminology 9th Edition is an invaluable reference for anyone who needs access to the most up to date terms acronyms and codes related to clinical orthopaedics and research This portable guide allows for quick searches both in print and online categorizing and cross referencing terms so that those unfamiliar with orthopaedics can locate a term in its proper context Unlike a traditional A Z dictionary format terms are organized by topic facilitating faster search results with related terms appearing on the same or immediately adjacent page Contains extensive updates from cover to cover including new terminology and acronyms in all areas of clinical orthopaedics and research Organizes information by topic helping you find related information quickly and easily Presents basic science terms as they relate to clinically relevant issues and clarifies terms used in injury and insurance claims with immediately neighboring relative terms Features an extensive index an appendix of ICD codes clear writing and full color illustrations an appendix of acronyms and tables clarifying disease processes all designed to make information understandable and easily accessible to both the lay reader and the health care professional Helps you stay abreast of the latest terminology with new terms provided by contributors who are orthopaedic researchers from across the country and whose expertise provides current information on terminology and procedures Ideal for anyone needing a working knowledge of orthopaedic terminology from the transcriptionist insurance adjuster or medical device salesperson to surgeons radiologists medical students and those in physical and occupational therapy operating rooms general medicine massage therapy and much more Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices Positional Release Techniques with on-line videos **E-Book** Leon Chaitow, 2015-11-12 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

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