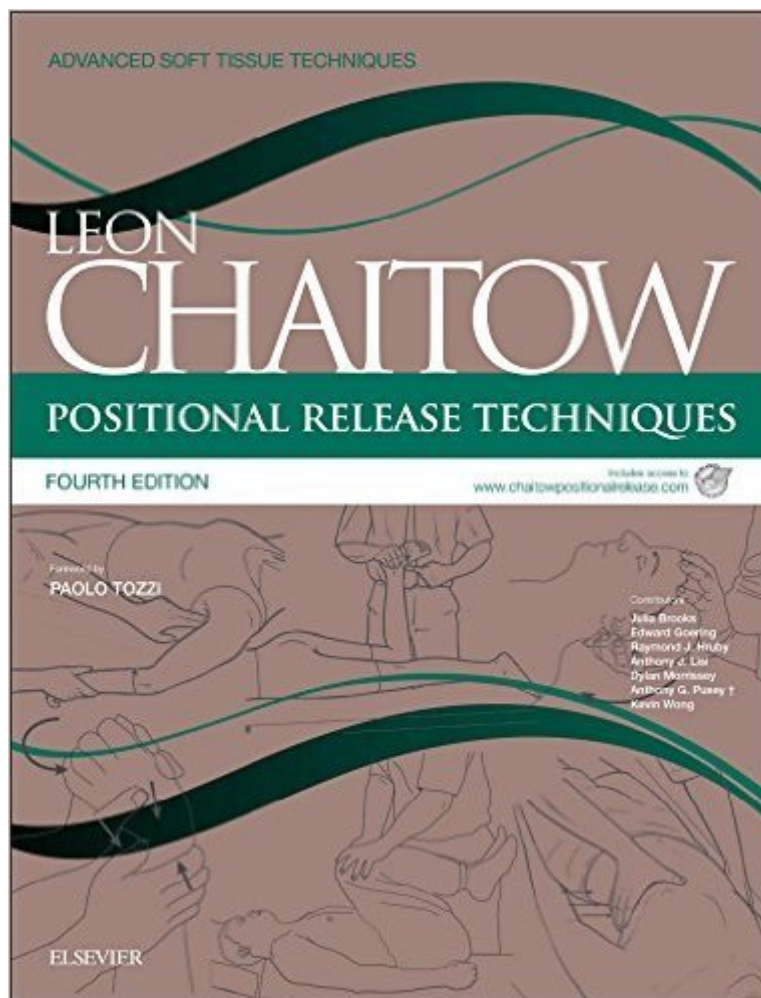


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# Positional Release Techniques: Includes Access To [www.chaitowpositionalrelease.com](http://www.chaitowpositionalrelease.com), 4e (Advanced Soft Tissue Techniques)





## Synopsis

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<sup>TM</sup>'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](http://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](http://www.chaitowpositionalrelease.com) " containing videos that demonstrate application of PRTs and bank of downloadable images.

## Book Information

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## Customer Reviews

Amazing, effective technique (along with Muscle Energy Technique and a few other concepts Chaitow has written about). If you're an LMT and looking for techniques that will really alleviate pain, learn this, use it. One client was hesitant even to have a free massage because I studied at a massage school affiliated with a chain of spas; she'd had many of the school's "student clinic massages" and thought they weren't worth the time investment, even if the massage were free. She was amazed when I used PR and MET, and managed to get rid of pain that her "professional" massage therapist with 20 years experience hadn't been able to get rid of. I just attended a Chaitow weekend workshop in NY - if you get a chance to attend one of these, DO IT. At the outset, Dr. Chaitow said he'd be teaching techniques on Sunday that we could use on Monday, and he was exactly right. For my final massage exam today, I worked on another student who had spent the weekend moving, and had a LOT of pain. I used techniques I learned in this book and in the workshop; the student was amazed at how effective the PR and MET techniques were at removing her pain.

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Positional Release Techniques: includes access to [www.chaitowpositionalrelease.com](http://www.chaitowpositionalrelease.com), 4e (Advanced Soft Tissue Techniques) Lower Extremity Soft Tissue & Cutaneous Plastic Surgery, 2e Spinal Manual Therapy: An Introduction to Soft Tissue Mobilization, Spinal Manipulation, Therapeutic and Home Exercises Cranial Manipulation Theory and Practice: Osseous and Soft Tissue Approaches, 1e Oral Soft Tissue Diseases: A Reference Manual for Diagnosis & Management (Lexicomp Dental Reference Library) Oral Soft Tissue Diseases: A Reference Manual for Diagnosis and Management Soft Corals: Selecting and Maintaining Soft Corals Feeding and Algal Symbiosis Lighting and Water Clarity (Creating the Reef Environment) Ultimate German Advanced (Book and CD Set): Includes Comprehensive Coursebook and 8 Audio CDs (Ultimate Advanced) Ultimate Italian Advanced (Book and CD Set): Includes Comprehensive Coursebook and 8 Audio CDs (Ultimate Advanced) Deep Tissue Massage, Revised Edition: A Visual Guide to Techniques Advanced Software Testing - Vol. 3, 2nd Edition: Guide to the ISTQB Advanced Certification as an Advanced Technical Test Analyst Advanced Software Testing - Vol. 2, 2nd

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