

(Read now) Fascial Release for Structural Balance

Fascial Release for Structural Balance

Thomas Myers, James Earls

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Fascial Release *for* Structural Balance



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Thomas Myers, James Earls : Fascial Release for Structural Balance before purchasing it in order to gauge whether or not it would be worth my time, and all praised Fascial Release for Structural Balance:

5 of 5 people found the following review helpful. This is a fantastic book for myofascial release By Sully This is a fantastic book for myofascial release. It compliments my practice and I am already integrating it with my myoskeletal techniques. Normally I would highlight or underline passages in a book that I thought were worth coming back to, but if I had done that with this book I would have underlined the first 50 pages. The illustrations of the techniques and the description of the anatomy were helpful. This is also a great hands on application of Myers's "Anatomy Trains" book, which I would also highly suggest purchasing so that this book makes more sense when describing the various myofascial lines. 3 of 3 people found the following review helpful. Full of great practical information By john o l Customer I just recieved this book today. It is full of great practical information on FRT. I will be using this book for a long time. Its the best book ive seen on techniques that can be put into practice straight away since i got Art Riggs

Deep Tissue Massage Manual. I would highly recommend both of these books to all bodyworkers. Both are packed with information and reasonably priced. After the introduction to fascial release technique there is a small section on how to develop your touch, bodyreading and then there are 6 chapters on different parts of the body. It looks really good. Lots of drawings and photographs of doing different techniques. Highly recommended. #3 of 3 people found the following review helpful. It's a great reference guide. By Stina Fascia is fascinating and this book helps you understand why. It gives an overview of fascia in the first few chapters and then goes into each section of the body (abdomen, spine, neck, etc...) and explains myofascial release techniques for each muscle group. With all that said, the book itself isn't too large or overbearing. If you don't need it for school, it's a great reference guide.

Fascia, the soft tissue surrounding muscles, bones, and organs, plays a crucial role in supporting the body. By learning to intelligently manipulate it, a bodyworker or therapist can help clients with many chronic conditions, providing immediate pain relief as well as reducing ongoing aches and pains. In *Fascial Release for Structural Balance*, authors James Earls and Thomas Myers both respected bodywork professionals argue that approaching the fascia requires a different eye, a different touch, and tissue-specific techniques. Designed for any bodywork practitioner using manual therapy, including physiotherapists, osteopaths, chiropractors, myofascial and trigger point therapists, and massage therapists, this book offers a detailed introduction to structural anatomy and fascial release therapy, including postural analysis, complete technique descriptions, and the art of proper assessment of a patient through bodyreading. Featuring 150 black-and-white photographs, *Fascial Release for Structural Balance* provides the information therapists need to give effective treatments and create long-lasting, systemic change in clients' shape and structure.

What a great idea to combine James Earls' expertise and philosophy with Tom Myers' classic contributions to structural bodywork. This is the long-awaited expansion of the *Anatomy Trains* theoretical concepts into a clearly written, functional how-to manual that is a must-read textbook for all bodyworkers of all ranges of experience not just structural integrators. Art Riggs, Certified Advanced Rolfer and massage therapist, author of *Deep Tissue Massage: A Visual Guide to Therapy Techniques* Fascial release has never been made more understandable and achievable a well-illustrated and excellent read. Leon Chaitow, ND, DO, Honorary Fellow, University of Westminster, London Editor-in-Chief, *Journal of Bodywork Movement Therapies* This book is a thorough and refreshing approach to regional fascial release technique. Erik Dalton, PhD, author of *Myoskeletal Alignment Techniques* With a wonderful blend of art and science, this text brings together many aspects of structural change grounded in anatomical precision. It lets you see the relationships surrounding the body and how they link to produce the various patterns you will see in your clients, equally importantly, it gives you the strategies to address them. Robert Schleip, PhD, MA, Director of Fascia Research Project, Institute of Applied Physiology, Ulm University. Research Director of the European Rolfing Association About the Author James Earls is the director of Ultimate Massage and Kinesis UK. He practices Structural Integration and massage therapy in Belfast, Northern Ireland, where he lives. Thomas Myers has practiced integrative structural therapy for over 30 years in a variety of clinical and cultural settings. The author of the acclaimed bodywork guide *Anatomy Trains* and coauthor of *The Concise Book of the Moving Body*, he lives in Maine.