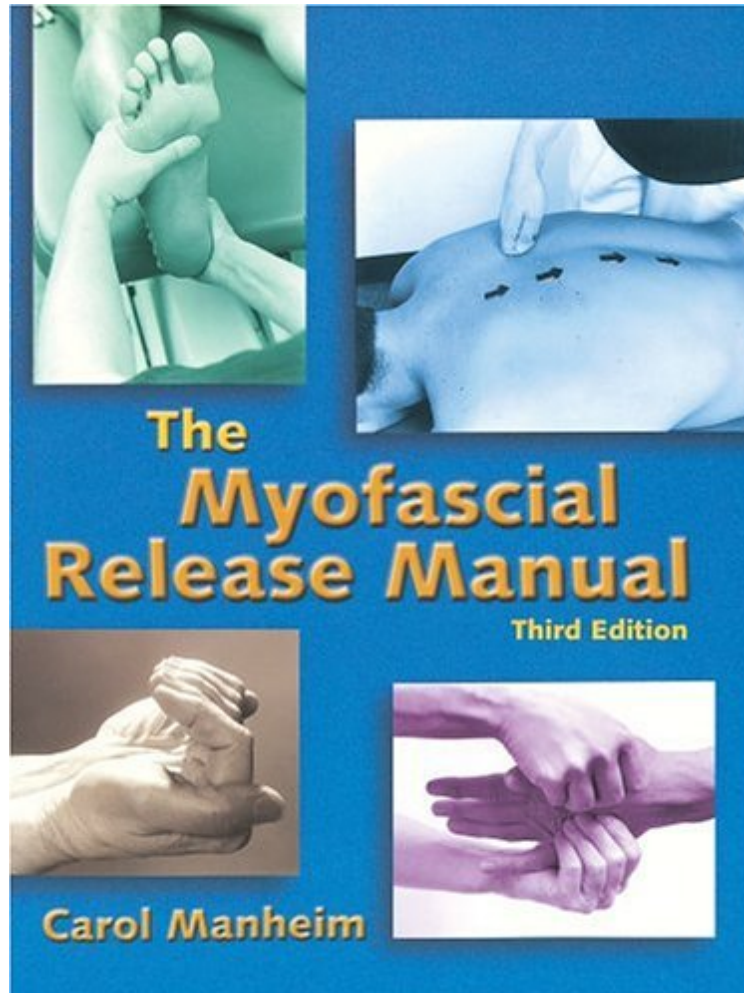


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The Myofascial Release Manual

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The Myofascial Release Manual is now available in a new, thoroughly updated, and refined third edition. This

improved and expanded book places a greater emphasis on hand placements that is reinforced with over 350 photographs. Three renowned experts in their own field, Sam Keggereis, PT, ATC, Steven Nowicki, PhD, and Robert Ward, D.O, have all contributed to this third edition, offering their unique insight and clarity into the technique of Myofascial Release. This timely book has a user-friendly format that concentrates on the specific #8220how-to#8217 of the myofascial techniques, as well as offering an explanation of the theory and experience of the method of Myofascial Release. The book begins by presenting the basic learning steps of the techniques, then takes the reader into the advanced techniques and evaluations. Additional resources such as posture evaluation forms and references are included at the end of the book, to augment the value of this superior learning tool. The Myofascial Release Manual, Third Edition is an essential manual that includes answers to commonly asked questions and does an excellent job of illustrating hand placement for many of the muscles in the body. Carol J. Manheim, MS, MEd, PT, LPC, renowned in the area of Myofascial Release, has developed this new edition to be modeled after her own extensive background, teaching experiences, and lectures. Perfect for the experienced clinician interested in expanding his/her knowledge of this powerful soft tissue mobilization technique, or for the student who wants to become familiar with this valuable skill for manual therapy.

Idquo;#8230the manual style format allows users to access various techniques efficiently, based upon anatomical category.#8221 mdash; Lynne Dewar, MCSP, Physiotherapy"#8230better than the last edition. The additional photos are great!" mdash; Susan Miller, PT, MS, SUNY-Syracuse, Syracuse, NY"I find I am practicing better after reading this book." mdash; Carol M. Davis, EdD, PT, University of Miami School of Medicine, Division of Physical Therapy, Coral Gables, FLAbout the AuthorCarol J. Manheim, MS, Med, PT, LPC Carol J. Manheim received her MS degree from Case Western Reserve University and her MEd in clinical counseling from The Citadel. She is the co-author of The Myofascial Release Manual, First Edition and Craniosacral Therapy and Somato-Emotional Release: The Self-Healing Body. Ms. Manheim has presented papers on Myofascial Release and the psychological effects of manual therapies at the World Confederation of Physical Therapy and at the national convention of the American Physical Therapy Association. In addition, she has presented lectures on body memory and physically facilitated abreactions. She is a member of the American Physical Therapy Association, the Neurodevelopmental Treatment Association and is certified in the Treatment of Adults with Hemiplegia. She is also a member of The International Society for Behavioral Science in Physical Therapy, The International Society for the Study of Multiple Personality and Dissociative Disorders, the American Association for Counseling and Development, the American Mental Health Counselors Association, and Chi Iota Sigma, a national counseling honorary society. Ms. Manheim is currently in private practice in Charleston, South Carolina.