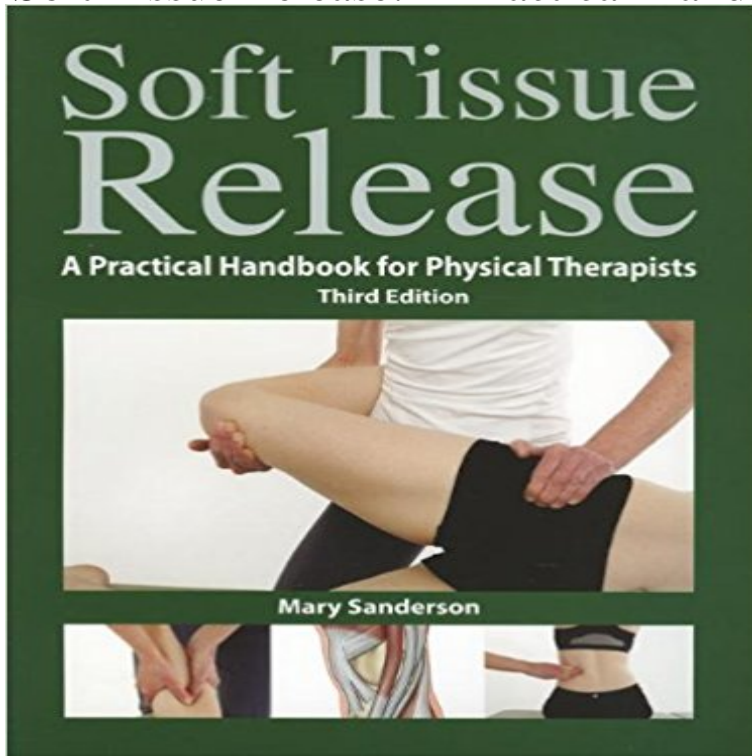


Soft Tissue Release: A Practical Handbook for Physical Therapists



Soft Tissue Release: A Practical Guide for Therapists was originally written in 1998 as the first book on soft tissue release. It has since gone on to sell many 1000s of copies, and has been instrumental in making soft tissue release a vital tool in the therapists range of techniques that can be offered to clients. Whether for sporting competition, work or generally for the maintenance of posture, everyone needs muscles that are not only strong, but also supple and in balance. Regular manipulation of the soft tissues has an essential role to play, and soft tissue release (STR) will transform any treatment, allowing specific problems to be rapidly and effectively addressed. The book has been updated and is published in colour for the first time, including new photography and drawings to illustrate the theory and techniques involved.

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