



Modern Neuromuscular Techniques (Paperback)

By Leon Chaitow

Elsevier Health Sciences, United Kingdom, 2010. Paperback. Condition: New. 3rd Revised edition. Language: English . Brand New Book. Written with the ease and clarity that so readily characterizes Leon Chaitow's work, the new edition of this popular book explains and explores the use of Neuromuscular Techniques (NMT) - proven soft-tissue manipulative techniques which are used to assess and treat myofascial pain and dysfunction. Complete with accompanying website - - showing the techniques performed by the author, Modern Neuromuscular Techniques 3e explores the history and evolution of NMT and explains how they can be used to allow the rapid and accurate identification of local soft-tissue dysfunction. Clearly written and fully illustrated throughout, the book provides a clear set of treatment options for many common musculoskeletal disorders, including many of the symptoms of fibromyalgia, in addition to non-musculoskeletal problems such as abdominal dysfunction, lymphatic disorders, and the treatment of breathing pattern disorders such as hyperventilation. Authored by an expert of international renown - together with international experts in associated approaches - the book brings together a wealth of ideas from across the spectrum of therapeutic body work with sources ranging from Alexander, Barlow, Janda, Lewit, Nimmo and Simons, to Rolf and...



READ ONLINE
[2.18 MB]

Reviews

This is the finest book i have got study till now. It usually does not price a lot of. I found out this publication from my i and dad encouraged this book to understand.

-- **Jamil Collins**

Absolutely among the best book I have possibly go through. I have go through and that i am certain that i am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book i have got go through within my personal existence and could be he finest book for ever.

-- **Brian Bauch**