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is pushed aside during dissections in order to visualize the important stuff like muscles and nerves Physical therapists with their varied skill set in manual therapy techniques are well placed to take on this important tissue Mobilization of the Myofascial System aims to help them to do that Mobilization of the Myofascial System MMS the technique described in this book has its origins in manual physical therapy for the articular muscular and neural systems Tom Myers book Anatomy Trains which examines the myofascial meridians for manual and movement therapists has been the framework and inspiration for the development of MMS In this book the author outlines the theory and pathophysiology of fascial dysfunctions A full description of the MMS assessment and treatment approach is given as well as guidance on ways in which it may be integrated into the other methods normally used by manual therapists Subsequent chapters offer full descriptions and color photos of the MMS techniques The chapters are organized into various anatomical regions simply to facilitate learning These divisions are of course artificial as fascia is a continuum from the top of the head down to the toes Mobilization of the Myofascial System is primarily intended for physical therapists who have been trained in manual therapy but it will also be valuable for osteopaths chiropractors massage therapists structural integrators and other body workers who are seeking an alternative way to work with this important and fascinating tissue *AV Guide* ,1998 [Columbia Guide to New York](#) Lisa Margulies,2003-08 [Guide to New York city](#) tourist information information on museums restaurants nightlife bars clubs recreation information on living in New York city **Insiders' Guide to North Carolina's Southern Coast and Wilmington, 15th** Zack Hanner,Pamela Watson,Emily Gorman-Fancy,Rebecca Pierre,Kate Walsh,2008-06 This book offers everything you need to know about North Carolina's southern coastal area whether you're planning a vacation relocating to the area or are a local who wants to know more *North Carolina's Outer Banks - Insiders' Guide* Karen Bachman,2006-05 North Carolina's Outer Banks offer visitors and residents alike a wide variety of things to do both indoors and out Visit well preserved beaches view abundant wildlife and soak in the areas rich history This authoritative guide gives the inside scoop *Pilates Body in Motion* Alycea Ungaro,2002-02-20 *Pilates Body in Motion* is a pioneering step by step book for mat based Pilates A global best seller famed for its clear instruction and innovative design *Pilates Body in Motion* clearly explains every exercise sequence with at a glance overviews detailed step by step photographs and a checklist of dos and don'ts Author Alycea Ungaro pioneered mat based Pilates and lends her expert advice to help you avoid injury and maximize Pilates fitness and health benefits Four program sequences allow you to move from beginner to intermediate to advanced and cover fifty mat based exercises from The Hundred to The Wall Sequence the Open Leg Rocker and Corkscrew to the Swan Dive Shoulder Bridge Magic Circle Sequence and many more Streamline your body and focus your mind with 50 classic mat Pilates exercises to do at home with *Pilates Body in Motion* [Cincinnati Magazine](#) ,2006-01 *Cincinnati Magazine* taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region

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