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Acupressure Taping: The Practice of Acutaping for Chronic Pain and Injuries

By Hans-Ulrich Hecker M. D.

Healing Arts Press. Paperback. Condition: New. 128 pages. Dimensions: 9.8in. x 7.9in. x 0.3in. Combines acupressure and massage to treat pain using elastic tape. Shows how the use of an elastic, adhesive tape works with the body's own motions to combine the actions of acupressure and massage. Presents both therapeutic and preventative techniques for acute and chronic pain. Contains step-by-step instructions illustrated in full color detailing how to self-treat pain in all parts of the body. Sufferers of chronic pain will know the frustration of treatments involving endless rounds of drugs or expensive physical therapy--that may or may not offer relief. In Acupressure Taping, authors Hecker and Liebchen present a comprehensive guide to a new method of pain treatment--acutaping--which offers a much simpler and more effective alternative. In acutaping, elastic tape is placed over the afflicted area in accordance with related acupuncture points. During the course of normal movement throughout the day, the elastic tape provides a gentle but consistent massage to the inflamed area. Because the skin adheres to the tape, it is shifted against the subcutaneous tissue during motion, causing lymph tissue to drain and connective tissue to be massaged. The authors show that most bodily dysfunctions can be self-treated...


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