



## Fascial Release for Structural Balance (Paperback)

## By James Earls

Lotus Publishing, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. This thoroughly revised edition of the authoritative reference Fascial Release for Structural Balance includes all of the most current research on the role of fascia and myofascia in the body, and how treatment affects it. James Earls and Thomas Myers have taken advantage of more sophisticated testing to explore in greater detail the relationship between anatomical structure and function, making this updated edition an even more essential guide. Fascia, the soft tissue surrounding muscles, bones, and organs, plays a crucial role in supporting the body. By learning to intelligently manipulate it, a bodyworker or therapist can help with many chronic conditions that their clients suffer from, providing immediate pain relief as well as reducing the strains that may contribute to the patient s ongoing aches and pains and leading to rapid, effective, and lasting pain relief. The authors argue that approaching the fascia requires a different eye, a different touch, and tissue-specific techniques. Offering a detailed introduction to structural anatomy and fascial release therapy, including postural analysis, complete technique descriptions, and the art of proper assessment of a patient through bodyreading, the book features 150 color...



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