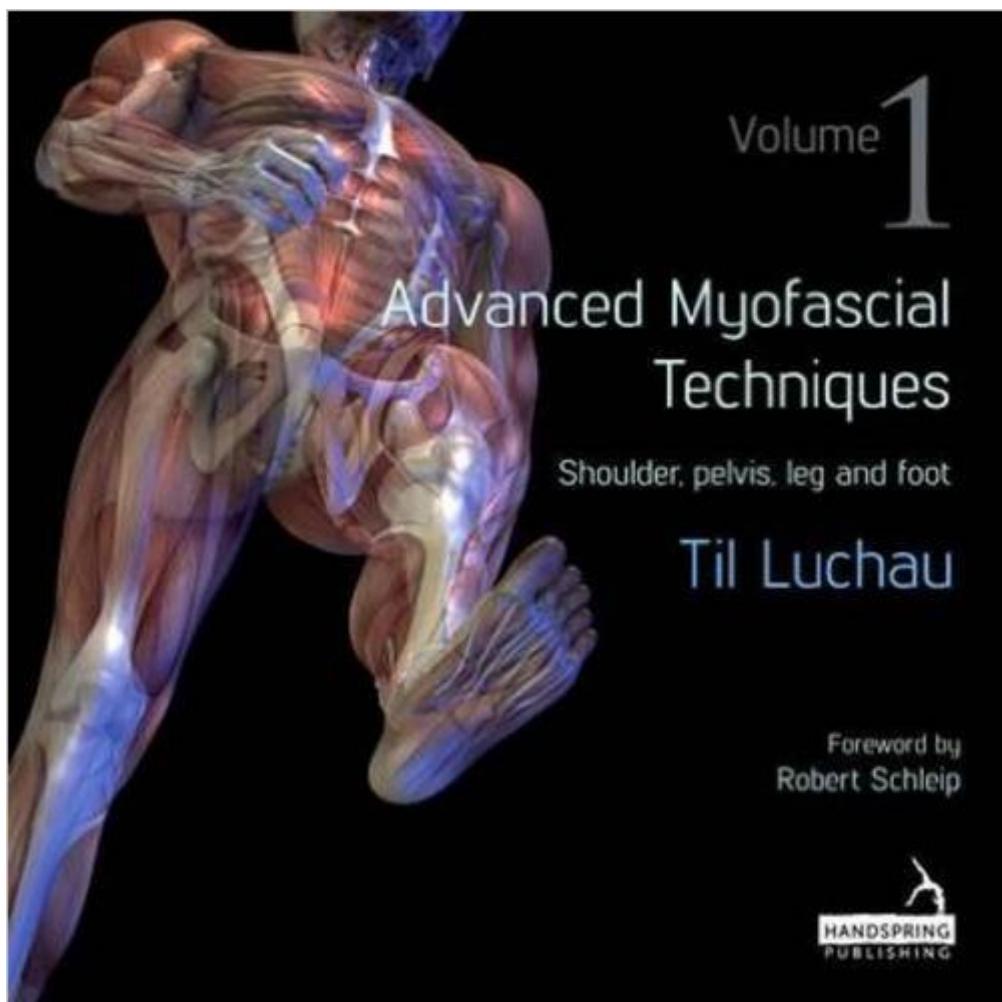


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# Advanced Myofascial Techniques, Vol. 1: Shoulder, Pelvis, Leg And Foot



## Synopsis

A beautiful visual and narrative guide to a selection of unique hands-on myofascial techniques. Techniques are chosen for inclusion based on their relevance to the most common client complaints. Each chapter presents key considerations, anatomy overview, therapeutic goals, and cautions relevant to hands-on work.

## Book Information

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## Customer Reviews

What a gorgeous book! I don't know if I've seen a bodywork book that conveys its message so clearly. Til brings together theory and demonstration of techniques masterfully while making the book visually appealing and engaging. He includes a study guide for each section and summarizes the material, helping the content integrate better. The photos are just beautiful and the techniques are some of the most effective ones I use in my practice. This is possibly one of the best bodywork technique books to date. **HIGHLY RECOMMENDED!!**

I just acquired your new book. It's aesthetically pleasing and I dig the square shape. More importantly, this is some of the best foot and ankle therapy I've seen in print. In my opinion, you've filled a missing chunk of the puzzle for many therapists. I specialize in endurance athletes and am impressed with both your ankle mortise and hammertoe techniques, many of which I currently use. Now I feel I have greater depth and breadth of both dysfunctions. I also appreciate the thoughtful

and challenging study guide at the end of each unit. Thank you so much for a most excellent publication.

Til Luchau has blended many years of personal practice and study into this handsome, research-based guide for treating common client complaints. This amazing resource should be part of any serious practitioner, teacher or school's library.--Erik Dalton, PhD

Far and away the best techniques book I have ever encountered! I am so impressed by how comprehensive and rich the information provided in this beautiful book is. I love the QR links to videos and how much value they add!! I already can't wait for Vol. II

"Til's book is an excellent contribution to the practical art of Structural Integration. It should be a standard textbook for any professional interested in direct manual therapy, and takes its place among the growing body of work to support the application of the work. • Jan Henry Sultan

I will write a review of both of Til's superb books (Vol. I and II) because they should both be bought for an extensive treatment understanding for treatment of most every issue that our clients bring. Although they provide a huge amount of techniques, these manuals are SO much more than protocols, and offer a deep understanding of the anatomy and philosophy for effective treatment. Don't hesitate to make the investment; you and your clients will be glad that you did. I'd also suggest getting his excellent DVDs to see the work done in real time.

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