



Movement Therapy for the Manual Therapist

Alex Susbauer, Jonathan Primack

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Movement Therapy for the Manual Therapist Alex Susbauer, Jonathan Primack MOVEMENT THERAPY FOR THE MANUAL THERAPIST BRIDGES THE GAP BETWEEN MOVEMENT AND MANUAL THERAPY--AN ENCYCLOPEDIA OF STRETCHES, EXERCISES AND POST-ISOMETRIC RELAXATION SEQUENCES FOR THE MAJOR MUSCLES OF THE BODY AS APPLIED BY THE MANUAL THERAPIST. A MUST FOR STUDENTS OF MASSAGE AND A GREAT REFERENCE TOOL TO BRING MORE MOVEMENT-BASED TECHNIQUES INTO A MASSAGE OR BODYWORK SESSION.



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