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Chaitow, L (Ed), Positional Release Techniques, 3rd ed Churchill Livingstone, Edinburgh Solomonow, M, 2009 Ligaments: a source of musculoskeletal disorders Journal of Bodywork and Movement Therapies 13 (2), 136-154 Leon Chaitow University of Westminster, UK E-mail address: leonchaitow1@maccom ARTICLE IN PRESS 116 Editorial

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POSITIONAL RELEASE TECHNIQUES

POSITIONAL RELEASE TECHNIQUES Compiled by Richard N Pierce, ATC, LAT Positional release is a type of manual therapy that may be used effectively in treating chronic and sub-acute muscle spasm and the pain and disability that is often associated with it Positional release techniques are based strongly on the work of Dr

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Positional Release Technique Is this a valid technique for use by the Physical Therapist? The aim of this presentation is to provide evidence to open the mind of the therapist who may be stuck in the mindset/habit of forced change (Direct Technique eg Deep Soft Tissue Work)

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Positional Release Therapy

after the application of positional release therapy Technique development Positional release therapy has been evolving for more than half a century The history of positional release therapy is common knowledge and found in several books and other sources, including Positional Release Techniques, by Leon Chaitow, ND, DO In the early 1950s,

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A Shoulder Problem in Context - Deep Tissue Massage Manual

Leon is author/editor of 70 books including Muscle Energy Techniques (3rd edition, Elsevier 2006), Naturopathic Physical Medicine (Elsevier 2008), Positional Release Techniques (3rd edition Elsevier 2008) Founder/Editor-in-Chief of MedLine indexed, Journal of Bodywork & Movement Therapies (Elsevier) He is an Honorary Fellow at the

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