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John F. Barnes, PT

WHAT'S IN YOUR WEB?

STORIES OF FASCIAL FREEDOM

Phil Tavalacci, MSPT, PT

Foreword By John F. Barnes, PT

Whats In Your Web Stories Of Fascial Freedom

Rose Army



Whats In Your Web Stories Of Fascial Freedom:

What's in Your Web? Phil Tavalacci, 2013-07-25 PAIN POOR POSTURE ANXIETY CHRONIC EXHAUSTION The issue may be your tissue Your connective tissue also known as fascia may be the primary source of your problems Since fascial restrictions don't show up on medical scans X rays MRIs etc they are commonly overlooked as potential causes for pain and dysfunction but they wreak havoc on the body This book will teach you the basics of fascia and share many examples of how Myofascial Release MFR as taught by John F Barnes PT can restore the fascial system to optimal health and function *The Endless Web* R. Louis Schultz, Ph.D., Rosemary Feitis, D.O., 1996-11-11 MYOFASCIA 101 An illustrated guide to the myofascial system how it works how it supports the body and its importance to any bodywork practice An essential resource for deepening your massage therapy and physical therapy practice or treatment The result of more than two decades of research and practice The Endless Web presents in clear readable language a comprehensive guide to understanding and working effectively with the myofascial system the packing material of the body Myofascia is a flexible network of tissue that surrounds cushions and supports muscles bones and organs It also acts as a riverbed containing the flow of interstitial fluid and is a critical influence on the immune and hormonal systems In daily life this connective tissue is an underlying determinant of movement quality mood alertness and general well being The Endless Web is a fully illustrated guide to understanding how myofascia works its supportive role within the body's anatomy and how gentle manipulation of the myofascial tissue is central to lasting therapeutic intervention and how it can be integrated into any bodywork practice

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