

SECOND EDITION

# POSITIONAL RELEASE TECHNIQUES

## What are positional release techniques?

Positional release techniques (PRT) are gentle manual treatments for muscle pain and spasm which involve resetting muscle tone and enhancing circulation. They are amongst the easiest soft tissue techniques to learn and the most useful to practice.

## How can positional release techniques be used?

The value and importance of positional release techniques lie in their noninvasive nature, their ease of application, and their potential for instant response in cases of acute spasm and pain. They also allow chronically tense tissues to relax and can be used in part of integrated therapeutic interventions which employ other soft tissue and joint normalization procedures.

*Positional Release Techniques* provides comprehensive coverage of all methods of spontaneous release by positioning. The text is easy to follow and is extensively illustrated with two-colour line drawings.

## Key features of this new edition

- Compares all major positional release methods, from strain/counterstrain to functional osteopathy
- Details step-by-step use of these manual methods
- Describes integrated use with other manual approaches such as muscle energy techniques (MET)
- Provides explanations of treatment of both muscle and joint problems
- Explains how the methods can be used to treat bedridden patients

- Emphasizes safety and usefulness in both acute and chronic settings
- Includes FREE CD-ROM containing video clips that demonstrate how to apply the techniques as well as a complete electronic version of the text.

## About the Author

Leon Chaitow, Registered Osteopathic Practitioner and Senior Lecturer, University of Westminster, London, is an internationally known and respected lecturer, writer and osteopathic practitioner. He is the author of two other books in the series *Advanced Soft Tissue Techniques (Modern Neuromuscular Techniques and Muscle Energy Techniques)*. Additional books include *Palpation Skills*, a book about assessment and diagnosis through touch; *Cranial Manipulation Theory and Practice*, which presents the latest thinking on the use of this valuable technique together with the latest research evidence to support its use; and *Fibromyalgia Syndrome: A Practitioner's Guide to Treatment*, which gives a multidisciplinary perspective on the management and treatment of fibromyalgia syndrome. Most of these books are supported by one or more videos, which may be purchased separately from the books. In collaboration with Judith DeLany he has co-authored *Clinical Applications of Neuromuscular Techniques Volume 1: The Upper Body* and *Volume 2: The Lower Body*. With Dinah Bradley and Christopher Gilbert he has co-written *Multidisciplinary Approaches to Breathing Pattern Disorders*, which is intended to help healthcare practitioners to understand the causes and the mechanics of disordered breathing and to provide them with strategies and protocols to help their patients to overcome those problems and restore normal breathing. Leon Chaitow is also the Editor of Churchill Livingstone's *Journal of Bodywork and Movement Therapies*.

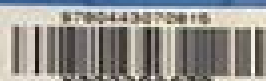


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# Positional Release Techniques

**Leon Chaitow**



## **Positional Release Techniques:**

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**Positional Release Techniques** Leon Chaitow, 2015-09-22 Positional Release Techniques continues to be the go to resource for those who want to easily learn and confidently use this manual approach to safely manage pain and dysfunction in humans and animals As well as a structural revision the fourth edition now includes new illustrations and chapters with videos and an image bank on a companion website to reinforce knowledge At its core the book explores the principles and modalities of the different forms of positional release techniques and their application which range from the original strain counterstrain method to various applications in physical therapy such as McKenzie s exercise protocols and kinesio taping methods that unload tissues These methods are traced from their historical roots up to their current practice with a showcase of emerging research and evidence In addition to a series of problem solving clinical descriptions supported by photos of assessment and treatment methods learning is further boosted by practical exercises which examine PRT methodology and the mechanics of their use Emphasises safety and usefulness in both acute and chronic settings Comprehensive coverage of all methods of spontaneous release by positioning Easy to follow and extensively illustrated Balanced synopsis of concepts and clinical approach models throughout Learning supported by problem solving clinical descriptions and practical exercises in the book as well as videos and downloadable images on the companion website [www.evolve.com](http://www.evolve.com)

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Clinical Guide to Positional Release Therapy Timothy Speicher, 2016-04-04 Clinical Guide to Positional Release Therapy With Web Resource provides professionals in the sports medicine and therapy fields with an easy to read reference on the clinical application of positional release therapy PRT The book is an invaluable resource for those who desire to learn practice and perfect the art of PRT to gently treat patients of all ages who have acute and chronic somatic dysfunction including tightness and pain Author Timothy E Speicher president of the Positional Release Therapy Institute uses contemporary science and evidence based practice to provide health care practitioners including athletic trainers physical therapists massage therapists and chiropractors with a manual of PRT treatment techniques The text is also suitable for students enrolled in upper level courses in athletic training physical therapy and massage therapy programs The highly visual book is organized in a manner that enables the reader to acquire a foundation of the applications procedures and theory of PRT Part I explores the research surrounding PRT providing articles that support the use of PRT through evidence based practice Readers will consider special populations such as elderly patients competitive athletes and patients with disabilities Part II explores PRT techniques by anatomical area Each region lower quarter pelvis spine upper quarter and cranium contains an overview of common injury conditions and their myofascial triggers differential diagnoses and instructions on palpating and treating specific anatomical structures Each chapter in part II also contains self treatment techniques where appropriate Clinical Guide to Positional Release Therapy dedicates considerable attention to palpation instruction a core skill that enables successful diagnoses and applications of many orthopedic assessments and therapeutic techniques Readers also will gain knowledge of anatomical and kinesiological structures to ensure success in assessment Application of adjunctive therapies such as ultrasound electronic stimulation massage joint stabilization and therapeutic exercise is provided throughout the text to complement PRT and facilitate an optimal healing environment Clinical Guide to Positional Release Therapy includes more than 400 full color photos and illustrations The unique layout of the book displays the anatomy palpation and treatment techniques in one or two pages making the techniques visually easy for practitioners and students to follow and put into practice In addition scanning charts listing structures and mapping of the anatomical areas specific to the chapter content appear at the end of each chapter The text is supplemented by a web resource featuring 61 videos demonstrating various PRT techniques described in the book The most common conditions and the techniques used to treat them are detailed and Dr Speicher provides advice about adapting the techniques to other conditions and muscle groups The supplemental videos can be accessed online Whether students are just being introduced to PRT or medical professionals are already seasoned practitioners Clinical Guide to Positional Release Therapy will assist them in using PRT in

a simplified and structured manner to improve patient outcomes      *Positional Release Techniques* Leon Chaitow, 2002

Building on the success of the 1st Edition and its accompanying video this outstanding how to manual features up to date chapters that cover the latest developments in the field This osteopathic method focuses on allowing spontaneous physiological release of hypertonic muscles including those in spasm The gentleness of positional release techniques the ease of application and the potential for instant response are just a few of the benefits to patients especially in cases of acute spasm and pain It also allows chronically tense tissues to relax making it a useful component of integrated therapeutic interventions that employ other soft tissue and joint normalization procedures A new CD ROM included FREE with the text offers high quality video clips demonstrating specific techniques as well as the entire text of the book in an on screen searchable format      Positional Release Techniques with on-line videos E-Book Leon Chaitow, 2015-11-12

Positional Release Techniques continues to be the go to resource for those who want to easily learn and confidently use this manual approach to safely manage pain and dysfunction in humans and animals As well as a structural revision the fourth edition now includes new illustrations and chapters with videos and an image bank on a companion website to reinforce knowledge At its core the book explores the principles and modalities of the different forms of positional release techniques and their application which range from the original strain counterstrain method to various applications in physical therapy such as McKenzie s exercise protocols and kinesio taping methods that unload tissues These methods are traced from their historical roots up to their current practice with a showcase of emerging research and evidence In addition to a series of problem solving clinical descriptions supported by photos of assessment and treatment methods learning is further boosted by practical exercises which examine PRT methodology and the mechanics of their use Emphasises safety and usefulness in both acute and chronic settings Comprehensive coverage of all methods of spontaneous release by positioning Easy to follow and extensively illustrated Balanced synopsis of concepts and clinical approach models throughout Revised content structure New chapters including Strain counterstrain research Positional release and fascia Balanced ligamentous tension techniques Visceral positional release the counterstrain model Redrawn and new artwork      *Positional Release Technique* Denise Deig, 2006-01-01

This practical hands on guide provides you with the tools you need to perform and incorporate Positional Release technique into your practice A nonforceful form of manual therapy Positional Release can be used to treat a wide variety of dysfunctions such as scoliosis myofascial pain syndrome low back pain and neck pain By focusing on the underlying physiology and the reason for application of the treatment techniques described as well as development of observation palpation and patient handling skills by the therapist the author creates a bridge for traditionally trained therapists to make the transition into a more holistic systems approach to evaluation treatment and patient therapist relationships      Clinical Application of Neuromuscular Techniques: The upper body Leon Chaitow, Judith DeLany, 2008-01-01

Discusses theories and physiology relevant to the manual treatment of chronic pain especially as it regards the soft tissues of the upper body

Includes step by step protocols that address each muscle of a region and a regional approach to treatment and gives a structural review of each region including ligaments and functional anatomy

**An Osteopathic Approach to Diagnosis and Treatment** Eileen L. DiGiovanna, Stanley Schiowitz, Dennis J. Dowling, 2005 Osteopathic medical students and faculty benefit from a uniquely practical text that organizes osteopathic concepts and step by step techniques into a single comprehensive volume This new edition includes new all important updates on somatic and visceral problems writing the osteopathic manipulative prescription and case histories to reflect changes in the national licensing examination The book s integrated method for diagnosis and treatment embraces basic osteopathic history and philosophy osteopathic palpation and manipulation and specific manipulative treatments and concepts Abundant photographs demonstrate step by step techniques Meticulous illustrations depict underlying anatomy

**The Path to Muscular Balance** Pasquale De Marco, 2025-03-08 Embark on a transformative journey to muscular balance and unlock the full potential of your body and mind with The Path to Muscular Balance Unveiling the Transformative Power of Positional Release Techniques This comprehensive guide empowers you to take control of your health and well being through the revolutionary approach of Positional Release Techniques PRT Within these pages you will discover the profound impact of muscular balance on your overall health performance and quality of life Learn to recognize the signs of muscular imbalances and understand their detrimental effects on your body Delve into the science behind PRT a gentle yet effective manual therapy that harnesses the body s natural healing abilities to restore muscular equilibrium and alleviate pain Discover how PRT can effectively address a wide range of musculoskeletal issues from chronic pain and reduced mobility to sports injuries and postural imbalances Explore the diverse applications of PRT tailored to specific conditions and needs Whether you re seeking relief from neck pain backaches shoulder discomfort or knee pain PRT offers a non invasive and long lasting solution Unleash the untapped potential of PRT for athletic performance enhancement Learn how PRT can improve flexibility range of motion and recovery allowing you to push your limits and achieve peak performance Beyond its physical benefits PRT extends its healing touch to your emotional and mental well being Discover how PRT can alleviate stress anxiety and improve sleep quality promoting a sense of inner balance and harmony Join us on this transformative journey to reclaim your muscular balance and unlock a world of possibilities With The Path to Muscular Balance you hold the key to a life free from pain brimming with vitality and overflowing with boundless potential Embrace the power of PRT and embark on the path to a balanced and fulfilling life If you like this book write a review

**Mosby's Fundamentals of Therapeutic Massage - E-Book** Sandy Fritz, Luke Allen Fritz, 2024-05-28 Gain the knowledge and skills you need to succeed in massage therapy Mosby s Fundamentals of Therapeutic Massage 8th Edition helps you prepare for licensing and certification exams as well as professional practice The book provides an in depth understanding of the principles of therapeutic massage and helps you develop the ability to reason effectively and make informed decisions from assessing problems and planning treatment to mastering massage protocols

and techniques Hundreds of photographs demonstrate massage techniques step by step and case studies allow you to apply concepts to real world situations Featuring dozens of online how to videos this resource from massage therapy experts Sandy and Luke Fritz is your text of choice Comprehensive coverage includes all of the fundamentals of therapeutic massage including massage techniques equipment and supplies wellness working with special populations and business considerations Step by step full color photographs demonstrate massage protocols and techniques by body area Competency based approach helps you prepare for and pass licensing and certification exams including the Massage and Bodywork Licensing Examination MBLEx and Board Certification in Therapeutic Massage and Bodywork BCTMB Information on massage in various health care settings provides the information needed to create a massage setting in different types of environments Case studies offer practice with clinical reasoning and prepare you to address conditions commonly encountered in professional practice Multiple choice review questions in each chapter help you recall facts and use critical thinking to apply the material with answers and rationales provided on the Evolve website Resources on the Evolve website include three hours of video showing manipulation techniques body mechanics positioning and draping and more with each clip narrated and performed by author Sandy Fritz as well as scientific animations anatomy labeling exercises review questions for licensing exams and MBLEx practice exams NEW Updated MBLEx practice questions are provided at the end of each chapter and additional questions are provided on the Evolve website to prepare you for licensure exams NEW Updated and expanded information on implicit bias is included in the opening chapters NEW Information on COVID 19 safety precautions is added to the Hygiene Sanitation and Safety chapter NEW Updated information on trauma informed care is provided in the Adaptive Massage chapter

*Naturopathic Physical Medicine* Leon Chaitow, 2008-05-30 Naturopathic Physical Medicine provides a philosophical naturopathic perspective as well as practical clinical applications for manual and physical approaches to health care A wide range of bodywork and movement approaches and modalities are evaluated in relation to their ability to be appropriately used in naturopathic treatment and rehabilitation settings Naturopathic methodology suggests that therapeutic measures should match the ability of the individual to respond positively without negative side effects The model of care emphasised in this text recognizes that naturopathically oriented therapeutic interventions usually focus on achieving one or all of the following Enhancement of function so that the person system or part can better self regulate in response to adaptive demands Modification or removal of adaptive load factors Symptomatic relief without creation of significant additional adaptive changes This textbook evaluates and offers practical clinical approaches to manual and physical approaches to health care from naturopathic perspectives Details clinical guidelines for combining naturopathic treatment and concepts with a wide range of bodywork hydrotherapy and movement approaches in health care and rehabilitation settings Presents evidence based information for management of musculoskeletal dysfunction immune enhancement circulatory and or lymphatic stasis respiratory dysfunction chronic pain sleep and fatigue problems and more

utilising naturopathic physical medicine approaches Includes a history of the fundamental role of physical medicine in naturopathic practice in the early evolution of the profession      Clinical Guide to Positional Release Therapy Timothy E. Speicher,2016      *Therapeutic Modalities in Rehabilitation* William E. Prentice,2005-05-18 The most comprehensive book on therapeutic modalities A Doody's Core Title Provides a theoretically based but practically oriented guide to the use of therapeutic modalities Perfect for the required course in the Physical Therapy curriculum or as a clinical reference the text features extensive use of case studies laboratory activities and a renowned illustration program      *Yearbook and Directory of Osteopathic Physicians* American Osteopathic Association,1996 Contains data on the AOA organization a list of osteopathic physicians in the U S Canada and some foreign countries a list of AOA certified physicians AOA divisional state societies practice and nonpractice affiliates colleges of osteopathic medicine osteopathic hospitals and data on training and education programs      *Bourdillon's Spinal Manipulation* Edward R. Isaacs,M. R. Bookhout,2002 The sixth edition of this classic text provides you with essential information on how to examine and treat patients with joint dysfunctions and muscle imbalances Building upon Dr Bourdillon's highly respected techniques to alleviate loss of mobility and musculoskeletal pain the authors have expanded the clinical material to include new diagnostic pearls and treatment options You will learn from step by step instructions making it easier for you to apply the manipulative techniques in practice      **Nurse's Handbook of Alternative & Complementary Therapies** ,1999 This concise practical handbook helps nurses understand and benefit from today's most notable health care trend the use of alternative approaches to enhance wellness and overcome disease It also discusses their roles in delivering various alternative methods and offers a knowledge base that is open minded yet upholds the standards of professional nursing      **Adventure Careers** Alexander Hiam,Susan Angle,1992 Today many college graduates and re-careering adults are searching for something completely different from the traditional secure and comfortable career niche Instead they're demanding personal satisfaction growth and adventure The comprehensive source for such information first hand experiences from adventurers who dared to tread off the beaten career path Copyright Libri GmbH All rights reserved      *An Application of Time-of-flight Techniques for Position Measurements in Liquid Scintillator* Alan Lawrence Justus,1977      **An Evaluation of Three Techniques for Improving Ability to Solve Arithmetic Problems** Olin Silas Lutes,1926      **Fiftieth Anniversary, 1912-1962** Institute of Radio Engineers,1962



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