

The purpose of this DVD is to bring the techniques to life in a visual format. Many of the techniques contained in the text, "Soft Tissue Mobilization Techniques" can be enhanced with the dialog and media presentation of live expression. Learn the importance of body mechanics while performing these techniques and hear from the authors how to modify your treatment to achieve even greater results. Combining the written material with the DVD material is the best approach to learning all of the techniques.



Running Time: Approximately 161 minutes

Certain presumptions are made by the authors to all those who use this manual. Each clinician should have knowledge of functional anatomy, physiology, and kinesiology relative to injury. Clinicians should have skills in identifying and palpating bony landmarks, joint articulations, ligamentous structures, musculotendinous units, connective tissue, and muscular soft tissue structures. In addition, clinicians should have knowledge of physiologic bodily responses to trauma, injury, and healing.



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Soft Tissue Mobilization Techniques DVD Guide



Soft Tissue Mobilization Techniques

Based on over 75 years experience, evidence and practice.



Cranial Circles

Fascial Bend

Upper Trapezius



ANTERIOR TRAPEZIUS

Masseter



soft tis•sue mo•bi•li•za•tion tech•niques

\sɒft \ 'tɪʃ-(,)ü \ mō-bə-lə-'zā-shən \ tek-nēks\

noun

¹ a combination of manual techniques designed to relax, release, and stretch soft tissue

² the purpose of "Soft Tissue Mobilization Techniques" is to guide the practicing clinician towards selecting the most effective soft tissue mobilization techniques in order to achieve specific musculoskeletal functional outcomes