



The Myofascial Release Manual

Carol Manheim MS MEd PT LPC

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The Myofascial Release Manual is now available in a new, thoroughly updated, and refined third edition. This improved and expanded book places a greater emphasis on hand placements that is reinforced with over 350 photographs. Three renowned experts in their own field, Sam Keggereis, PT, ATC, Steven Nowicki, PhD, and Robert Ward, D.O, have all contributed to this third edition, offering their unique insight and clarity into the technique of Myofascial Release.

This timely book has a user-friendly format that concentrates on the specific “how-to’s” of the myofascial techniques, as well as offering an explanation of the theory and experience of the method of Myofascial Release. The book begins by presenting the basic learning steps of the techniques, then takes the reader into the advanced techniques and evaluations. Additional resources such as posture evaluation forms and references are included at the end of the book, to augment the value of this superior learning tool.

The Myofascial Release Manual, Third Edition is an essential manual that includes answers to commonly asked questions and does an excellent job of illustrating hand placement for many of the muscles in the body. Carol J. Manheim, MS, MEd, PT, LPC, renowned in the area of Myofascial Release, has developed this new edition to be modeled after her own extensive background, teaching experiences, and lectures.

Perfect for the experienced clinician interested in expanding his/her knowledge of this powerful soft tissue mobilization technique, or for the student who wants to become familiar with this valuable skill for manual therapy.

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