

ART VS. OTHER SOFT TISSUE TREATMENTS



ART VS. MASSAGE THERAPY

Most massages work by improving circulation and lowering muscle tension caused by chronic stress.

Massages normally don't do much to break up adhesions or restore proper tissue function past a certain point of injury.

Massages sometimes reduce pain by lowering trigger points in your muscles.

ART is most like deep tissue massage, or myofascial release, but is usually much more targeted and custom-tailored to the patient.

ART VS. GRASTON TECHNIQUE



Both target adhesions.

Graston is performed using a handheld instrument that helps apply deep pressure to the patient in a rhythmic way.

Graston helps break up fibrous muscle scar tissue, improve blood flow, move tissue fluids, and reduce pain or muscle tension, like ART.

Graston is a patented technique performed by certified providers, including athletic trainers, chiropractors, hand therapists, occupational and physical therapists.

ART VS. DRY NEEDLING

Dry needling addresses myofascial pain and nerve or spinal injuries.

Dry needling is often used in conjunction with other treatments, stretching and physical therapy to offer improved range of motion and other benefits.

Dry needling uses a dry needle inserted into trigger points in muscle tissue that causes pain to be dispersed outward.



ART VS. ROLFING



Rolfing is done through deep hand manipulations, similar to deep massage, that reaches connective tissue all the way down to the skeletal system.

Rolfing is used to improve spine health and lower muscle tension, fatigue, pain or strains due to stress, and poor posture.

Rolfing® is a trademarked system of soft tissue manipulation and movement that helps restore healthy posture and myofascial structures.

ART VS. NEUROKINETIC THERAPY

NKT is a type of corrective system that uses muscle memory to reduce postural problems and pain.

NKT practitioners first identify where muscles are behaving abnormally, then restore balance and proper function through targeting the motor control center of the brain.



Active Release Technique Study Guide

Leon Chaitow, Sandy Fritz

Active Release Technique Study Guide:

Massage for Orthopedic Conditions Thomas Hendrickson, 2003 This book introduces massage techniques for orthopedic conditions promoting the alignment of soft tissue relating to pain and dysfunction An essential manual for clinical massage therapy it contains brief descriptions of rationale behind orthopedic massage mechanisms of injury to and repair of soft tissue and anatomy of each body area This text includes detailed assessment for each body region discusses common lesions and provides illustrated instructions on how to administer this scientifically based style of massage Based on traditional orthopedic assessment protocols coverage includes range of motion passive and isometric testing and tests that determine the severity of a condition or injury

Massage and Manual Therapy for Orthopedic Conditions Thomas Hendrickson, 2020-05-22 This book introduces massage techniques for orthopedic conditions promoting the alignment of soft tissue relating to pain and dysfunction An essential manual for clinical massage therapy it contains brief descriptions of rationale behind orthopedic massage mechanisms of injury to and repair of soft tissue and anatomy of each body area The Second Edition also includes detailed assessment for each body region discusses common lesions and provides illustrated instructions on how to administer this scientifically based style of massage Based on traditional orthopedic assessment protocols coverage includes range of motion passive and isometric testing and tests that determine the severity of a condition or injury

Fascial Dysfunction Leon Chaitow, 2018-11-01 Fascial dysfunction is now recognised as one of the main underlying causes of musculoskeletal pain leading to impaired and reduced mobility These are the symptoms which confront all practitioners of manual therapy in their everyday practice In this second edition of his very successful book Leon Chaitow brings together contributions from 20 leading practitioners and researchers from many different fields of manual therapy Fascial Dysfunction Manual Therapy Approaches Second Edition aims to help those practitioners to assess more precisely the dysfunction of their clients and its cause and to increase practitioner awareness of the various techniques which may help them in their attempts to alleviate their clients problems New features of the Second edition include Descriptions of new research evidence and its implications for practice The dependence of collagen health on a mixture of balanced internal and external tension The importance of adequate hydration The possible role of the telocyte The importance of dosage of therapies in management of fascial dysfunction New chapters on Gua Sha and cupping Global postural re education Scar remodelling The book is in two sections Section I written by Chaitow with a contribution by Tom Myers presents a review of the current understanding of the function of fascia in the human body and describes what can go wrong the causes and effects of fascial dysfunction and disease and how to assess the problem and remove obstacles to the success of treatment Section II contains chapters by experts in different types of manual therapy including three by Chaitow Each practitioner describes their own approach to the problem of assessing and treating fascial dysfunction and explains their specialist therapeutic approach These approaches include Bowen Therapy Connective Tissue Manipulation and Skin Rolling Fascia

oriented training applications in sports and movement therapy The Fascial Manipulation method applied to low back pain Fascial Unwinding Balanced Ligamentous Tension Technique Gua sha press stroking and Ba guan cupping traditional East Asian instrument assisted manual therapies Muscle Energy Techniques MET Myofascial Induction Therapy MIT Neuromuscular Technique and associated Soft Tissue Manipulation Modalities Positional Release Techniques including counterstrain Global Postural Re education Souchard Method Rolfing Structural Integration Management of Scars and Adhesions Manual Matrix Remodeling in myofascial injuries scar modeling technique Massage Therapy and Fascia Trigger Point release methods including dry needling **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 A Massage Therapist's Guide to Understanding, Locating and Treating Myofascial Trigger Points Leon Chaitow, Sandy Fritz, 2006-01-01 Describing the background to the evolution of non specific backache as well as the assessment and treatment methods ideal for use in combination with massage therapy deriving from physical therapy osteopathic and chiropractic sources this book describes these methods individually and then integrates them into a detailed description of a massage session focusing on the person with backache *E-Book - Clinical Application of Neuromuscular Techniques, Volume 1* Leon Chaitow, Judith DeLany, 2008-03-06 The book discusses theories and physiology relevant to the manual treatment of chronic pain especially as it regards the soft tissues of the upper body Step by step protocols that address each muscle of a region and a regional approach to treatment are features that make this book unique A structural review of each region including ligaments and functional anatomy adds value for new students and practitioners alike Comprehensive one stop text on care of somatic pain and dysfunction Designed and written to meet the needs of those working with neuromuscular dysfunction in a variety of professions All muscles covered from perspective of assessment treatment of myofascial pain Describes the normal anatomy and physiology as well as the dysfunctions which may arise Gives indications for treatments and guidance on making the appropriate treatment choice for each patient Combines NMT MET PR and much more to give a variety of treatment options for each case Describes the different NMT techniques in relation to the joint anatomy involved Practical step by step technique descriptions Includes not only manual techniques but also acupuncture hydrotherapies and nutritional support as well as guidance for the patient in the use of self help approaches Two color format Up to date evidence based content Therapeutic Modalities in Rehabilitation, Sixth Edition William E. Prentice, 2021-08-06 The most comprehensive textbook available on therapeutic modalities in rehabilitation enhanced by a full color presentation and numerous case studies This practically oriented guide presents the basic science and current best available evidence for each type of therapeutic modality used in physical rehabilitation Here clinicians will find the

information needed to determine which modality will be most effective in a given situation to achieve optimal patient outcomes Each chapter examines the physiologic basis for use clinical applications specific techniques of application through the use of related laboratory activities and relevant individual case studies for each therapeutic modality Therapeutic Modalities in Rehabilitation Sixth Edition is divided into six parts Part 1 Foundations of Therapeutic Modalities examines the scientific basis for using therapeutic modalities classifies the modalities according to the type of energy each uses and includes guidelines for selecting the most appropriate modalities for managing pain and for use in different phases of the healing process Part II Electrical Energy Modalities discusses the principles of electricity components of electrical and electrotherapeutic currents treatment parameters physiological responses to electrical current iontophoresis and biofeedback Part III Thermal Energy Modalities focuses on modalities which produce a change in tissue temperatures through conduction and convection including thermotherapy and cryotherapy Part IV Sound Energy Modalities covers modalities that utilize acoustic energy to produce a therapeutic effect including therapeutic ultrasound and extracorporeal shockwave therapy Biologic effects and clinical applications are also discussed Part V Electromagnetic Energy Modalities examines diathermy as well as photobiomodulation light therapy treatment techniques and protocols Part VI Mechanical Energy Modalities includes chapters on traction intermittent pneumatic compression therapeutic massage and vibration Presented in full color the text is enhanced by valuable learning aids including chapter objectives and summaries figures and tables clinical decision making exercises review questions instructional videos a glossary of key terms in each chapter up to date references case studies lab activities and appendices

Positional Release Techniques E-Book

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Musculoskeletal Interventions: Techniques for Therapeutic Exercise, Fourth Edition Barbara J.

Hoogenboom, Michael L. Voight, William E. Prentice, 2021-05-06 The definitive resource for designing and implementing evidence based rehabilitation programs using therapeutic exercise Written and edited by top experts in their fields Musculoskeletal Interventions provides the rehabilitation techniques strategies and considerations you need to effectively treat patients of all ages abilities and functional levels With expanded coverage of movement systems along with clinical pearls and hundreds of illustrations this edition has been fully revised to reflect a contemporary movement system approach patient care It focuses on the practical application of theory in a clinical setting making it ideal for students and experienced physical therapists alike Designed to make finding what you need quickly and easily Musculoskeletal Interventions is organized into five sections Foundations of the Rehabilitation Process Introduces the human movement system the Guide to Physical Therapist Practice and the clinical reasoning process Provides grounding on tissue healing the Neuromuscular Scan Examination pain posture and function Treating Physiologic Impairments During Rehabilitation Details general impairments that require attention throughout the rehabilitation process Covers muscle performance endurance and aerobic capacity mobility range of motion and neuromuscular control Tools of Rehabilitation Explains how to achieve optimal outcomes using various tools including plyometric exercise open and closed kinetic chain interventions proprioceptive neuromuscular facilitation techniques joint mobilization postural stability and balance interventions core stabilization training aquatic therapy functional movement screening and more Interventions Strategies for Specific Regions Describes applications of techniques and interventions related to common movement based overuse traumatic and postoperative musculoskeletal dysfunction Provides guidance on conditions common to the shoulder complex elbow wrist hand digits groin hip thigh knee lower leg ankle foot and spine Discusses pathomechanics and injury mechanisms while focusing on rehabilitation strategies and concerns for specific injuries and providing example protocols Special Considerations for Specific Patient Populations Provides application of all previous intervention strategies and how these may need to be selected adapted and utilized for geriatric patients pediatric patient and physically active females Musculoskeletal Interventions is filled with features that

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Contemporary Chiropractic Daniel Redwood,1997 This introductory book for student chiropractors also provides practitioners with high quality up to the minute discussion of key issues It includes up to date research summaries and discussion of current controversies as well as providing a broad and rigorously documented overview of the field An introductory textbook for student chiropractors Also covers key issues and controversies Rigorously documented Accessible and readable text *The American Journal of Occupational Therapy* ,1970 Official publication of the American Occupational Therapy Association **Guide to Pediatric Physical Therapy: A Clinical Approach** Martha Bloyer,Tricia Catalino,Eric Shamus,Cindy Miles,2025-01-10 Everything you need to know to perform safe effective physical therapy on babies children and teens Guide to Pediatric Physical Therapy provides pedagogy from top experts in the field to help you master the practice of PT for kids This dynamic easy to follow resource is filled with cases that help you apply concepts to real world situations along with art and illustrations that reinforce what you have learned Each chapter opens with a case which is followed by two or three additional cases presented as boxed features Critical information is presented in tables particularly effective in helping you quickly digest key concepts With more than 75 collective years teaching pediatric physical therapy this author team are masters of the subject matter and know how today's students prefer to learn Key tables highlight high yield information Each case study is followed by open ended questions for to consider Chapter summaries are presented in bullet form to make learning easy and quick Q A following summaries are written in NPTE Exam format **Active Experiments in Space Plasmas** Christopher T. Russell,Michael J. Rycroft,1981 **General Psychotherapy** John Goodrich Watkins,1960

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