

# Myofascial Release (Hands-On Guides for Therapists)

Ruth Duncan

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## **Myofascial Release (Hands-On Guides for Therapists)**

Ruth Duncan

#### Myofascial Release (Hands-On Guides for Therapists) Ruth Duncan

Myofascial Release provides comprehensive training for hands-on therapists of all disciplines and at all levels to expand their practice. From technique descriptions and their applications to client interactions and the preservation of practitioner strength and functionality, this guide teaches therapists every crucial aspect of employing myofascial release to its fullest benefit.



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