



# The Soft Tissue Release Handbook: Reducing Pain and Improving Performance

*Mary Sanderson, Jim Odell*

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For practitioners of massage therapy, sports massage, remedial massage, and physical therapy, soft tissue release is a powerful tool in treating chronic pain conditions such as shoulder impingement, tennis elbow, and iliotibial band friction syndrome. Soft tissue release also aids post-surgical recovery and is used in the treatment of highly trained athletes, dancers, and musicians who wish to tackle those small but key tissue areas needed to maintain and improve their performance.

The soft tissues consist of muscle fibers, myofascia, tendons, and ligaments. The all-encompassing nature of this connective tissue is becoming increasingly fascinating to bodywork practitioners of all kinds, including massage therapists, physical therapists, chiropractors, osteopaths, orthopedic nurses and doctors, and sports therapists.

Treatment of the soft tissues continues to gain momentum, and there are many exciting research developments that demonstrate how manipulation of these tissues can have profound effects on the structure and function of the musculoskeletal system. Skilled release of the soft tissues reduces the need for adjustments or joint mobilizations, because appropriate release improves joint movement. Freeing the joints and enhancing the health of the soft tissues also facilitates a superior and lasting response to rehabilitation programs.

*The Soft Tissue Release Handbook* is aimed at practicing therapists who wish to address the soft tissues precisely and effectively, whether as an adjunct to existing bodywork techniques or as a treatment modality in itself. The skills presented in this book can be immediately applied in the clinic with existing and new clients. Graphic illustrations of the key muscles involved in movement, as well as over 200 full-color photographs of the technique in action, make this an easy-to-use and practical guide.

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