

Positional Release Techniques: Advanced Soft Tissue Work With Online Videos

Unlock the Power of Positional Release and Transform Your Soft Tissue Health

Are you struggling with chronic pain, stiffness, or decreased mobility? Positional Release Techniques (PRTs) may be the solution you've been searching for. This revolutionary soft tissue therapy has been proven to effectively alleviate pain, improve range of motion, and restore optimal body function. Our comprehensive book, **Positional Release Techniques: Advanced Soft Tissue Work With Online Videos**, will guide you through the principles and applications of PRTs, empowering you to unlock the healing potential within your own body.

What Are Positional Release Techniques?



Positional Release Techniques with on-line videos (Advanced Soft Tissue Techniques) by Leon Chaitow

★★★★☆ 4.3 out of 5

Language : English

File size : 34515 KB

Screen Reader : Supported

Print length : 272 pages



PRTs are a unique approach to soft tissue therapy that involves using gentle pressure and positioning to release tension and adhesions in the

body. Unlike traditional massage techniques, PRTs focus on targeting specific areas of the body where soft tissue restrictions are causing pain and dysfunction. By applying pressure to these areas while the body is in a specific position, PRTs effectively release tension, restore blood flow, and promote healing.

How Positional Release Techniques Work

PRTs work by stimulating the body's natural healing mechanisms. When soft tissue is restricted, it can cause pain, swelling, and decreased mobility. PRTs gently release these restrictions by creating a stretching effect, allowing the body to rebalance and restore normal function. The unique combination of pressure and positioning used in PRTs promotes blood flow, reduces inflammation, and stimulates proprioceptive receptors to improve body awareness.

Benefits of Positional Release Techniques

The benefits of PRTs are extensive and can include:

- **Reduced pain and stiffness**
- **Improved range of motion**
- **Enhanced posture and alignment**
- **Increased flexibility**
- **Improved circulation**
- **Reduced inflammation**
- **Improved sleep and relaxation**

Who Can Benefit from Positional Release Techniques?

PRTs are suitable for people of all ages and activity levels. They are particularly beneficial for individuals who:

- Experience chronic pain or stiffness
- Have limited range of motion
- Suffer from injuries or muscle imbalances
- Want to improve their overall physical health and well-being
- Seek a natural and holistic approach to pain management

Why Our Book on Positional Release Techniques is Exceptional

Our book, **Positional Release Techniques: Advanced Soft Tissue Work With Online Videos**, is the most comprehensive guide to PRTs available. Written by a team of experienced physical therapists, this book provides:

- **Detailed explanations of the principles and applications of PRTs**
- **Over 100 step-by-step techniques with full-color photographs**
- **Exclusive access to online videos demonstrating each technique**
- **Case studies and clinical evidence to support the effectiveness of PRTs**
- **Tips and strategies for integrating PRTs into your own practice**

Online Video Library

Our online video library is an invaluable asset that complements the written instructions in the book. These clear and concise videos provide a visual demonstration of each technique, making it easy for you to learn and apply PRTs correctly. With our online videos, you can:

- **See how each technique is performed in real-time**
- **Pause, rewind, and replay as needed**
- **Learn from expert physical therapists**
- **Practice techniques in the comfort of your own home**

Unlock the Healing Power Within

Positional Release Techniques: Advanced Soft Tissue Work With Online Videos is the key to unlocking the healing power within your body. By mastering the principles and techniques of PRTs, you can take control of your pain, improve your mobility, and enhance your overall well-being. Free Download your copy today and embark on a journey to a healthier, pain-free life.

Free Download Now and Get the eBook for Free!

For a limited time, you can Free Download **Positional Release Techniques: Advanced Soft Tissue Work With Online Videos** and receive the eBook version absolutely free! This exclusive offer gives you instant access to the full text of the book on your favorite electronic devices.

Don't wait any longer to experience the transformative power of Positional Release Techniques. Free Download your copy today and unlock the path to optimal health and well-being!



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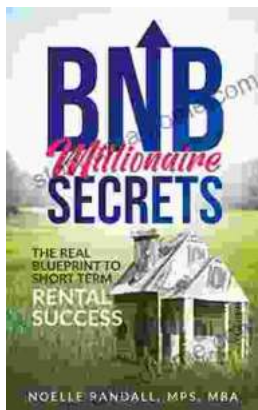
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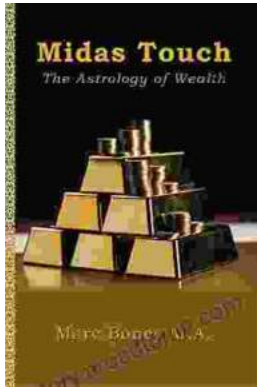
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