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Quintessenza Edizioni S.r.l.

 Via C. Menotti 65
20017 Rho (Milano)
Italia

 +39 (0)2 / 931 82 264

 +39 (0)2 / 931 86 159

 info@quintessenzaedizioni.it

 <https://www.quintessence-publishing.com/ita/it>

Informazioni sul libro

Autori: Roland Kreutzer

Titolo: Taping

Sottotitolo: Effective DIY for pain and sports injuries

Testo breve:

Taping is a gentle, drug-free, and easy-to-learn technique. Numerous complaints can be treated causally with it as well as many sports injuries. With 600 illustrations, and supplemented by helpful tips and tricks that maximize the success and effectiveness of taping, the author and physiotherapist explains each taping application step by step. Practical application is shown in such a clear and easy-to-follow manner that anyone can quickly implement it on themselves or others. Just try it out, get started, and experience amazing improvements! The tape systems focus on two main areas: One focus is the treatment of everyday musculoskeletal complaints and pain syndromes. The other focus is on the treatment and prevention of sports injuries. On the accompanying DVD, film sequences show how the tapes are measured, cut to size, and applied correctly. The 21 video sequences show in an exemplary manner the tape applications for the most common complaints and sports injuries. This combination of book and supplementary videos makes everyone a real taping professional in a short time – guaranteed!

Argomenti: Fisioterapia, Guida alla salute e alla medicina