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Title: Faszien selbst behandeln
Subtitle: Finally become pain free
Short text:

The term "fascia" refers to our body-encompassing and continuous network of connective tissue structures. It envelops and permeates almost all parts of the body from head to toe. Fascia includes tendons, ligaments, and muscle wrappings as well as subcutaneous tissue, organ sheaths, and meninges. Thanks to new research, we know that fascia can be specifically treated and trained. This book provides exactly the knowledge that is important for a targeted and holistic self-treatment. Step-by-step, easy-to-implement exercises are explained that use the whole-body connections and take into account the connection between body and mind. Detailed and understandable instructions are presented in numerous illustrations. The enclosed DVD contains 37 video sequences showing and explaining the most important exercises. The use of the roller is explained and many stretches and exercises are demonstrated.

Categories: Physiotherapy, Guide Health & Medical Science

Edition: 1st Edition 2016
pages: 200
Images: 340
Cover: Softcover, 18,5 x 26 cm; inkl. DVD
(Laufzeit: ca. 32 Min.)
ISBN: 978-3-86867-273-2
Stock No.: 30156
Published: November 2015

19,80 €

Price
Subject to changes!

KVM - Der Medizinverlag

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