

## Book information



**Authors:** Klaas Stechmann  
**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

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