

Modern Neuromuscular Techniques

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During the last several decades, neuromuscular therapy (NMT) has emerged as a significant method for assessing, treating and preventing soft tissue injuries and chronic pain. NMT is composed of a series of manual treatment protocols based on the practitioner's skill, anatomy knowledge and precision during palpation.

The Roots and Branches of Neuromuscular Therapy | NMT Center

Throughout the century, the European and American versions maintained a similar theoretical base, but employed different manual techniques. In 1996, a groundbreaking relationship between Leon Chaitow, DO, ND (European, nephew of Boris Chaitow) and the Judith DeLany (American) resulted in the publication Modern Neuromuscular Techniques. Dr.

What is the history of NeuroMuscular Therapy?

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Through the application of modern-day integrative NMT procedures, which include cranio-sacral therapy, myofascial release, positional release and trigger point therapy, homeostasis is restored between the nervous and musculoskeletal systems.

Positive Health Online | Article - NeuroMuscular Therapy ...

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He is author of over 60 books, including a series on Advanced Soft Tissue Manipulation (Muscle Energy Techniques, Positional Release Techniques, Modern Neuromuscular Techniques) and also Palpation Skills: Cranial . Manipulation: Theory and Practice; Fibromyalgia Syndrome: A Practitioner's Guide to Treatment, and many more.

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