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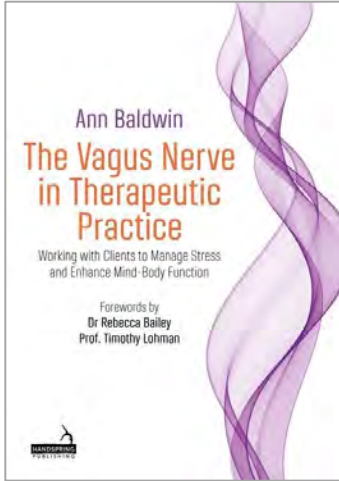
*Health*

# **Bodywork and Manual Therapies**

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**The Vagus Nerve in Therapeutic Practice**

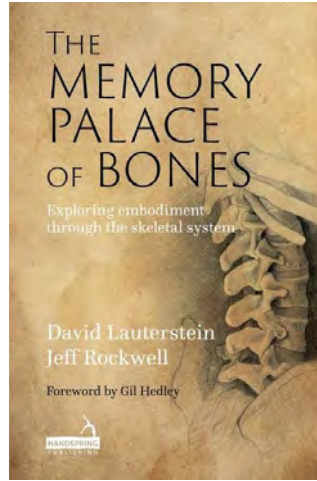
**By Ann Baldwin, Rebecca Bailey**



*The Vagus Nerve in Therapeutic Practice* explains the importance and benefits of self-regulating the nervous system, focusing on the vagus nerve. The author addresses the anatomy and evolution of the vagus nerve.

**HANDSPRING PUBLISHING**  
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**The Memory Palace of Bones**

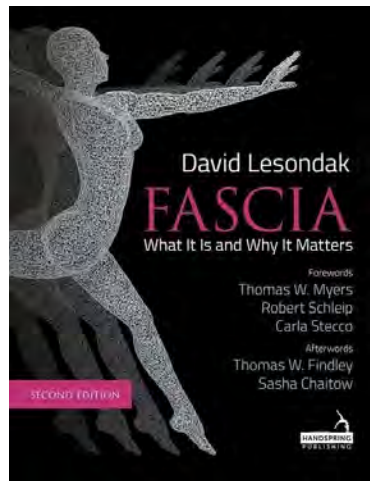
**By David Lauterstein, Jeff Rockwell**



*The Memory Palace of Bones - exploring embodiment through the skeletal system* is an unprecedented exploration of the anatomy of the bones of the body, and a unique set of reflections on the role each individual bone plays in our lives.

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**Fascia 2/e**

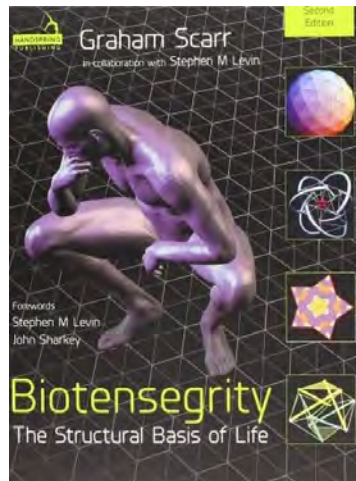
**By David Lesondak**



As the title suggests, this book presents a clear and easy to understand explanation of what the fascia is and the role it plays in the body.

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**Biotensegrity**

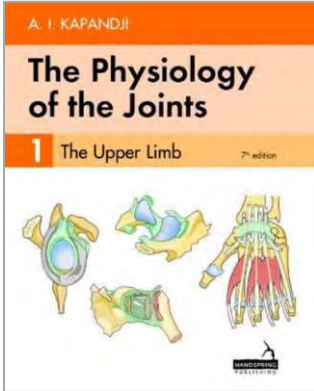
**By Graham Scarr**



The emerging science of biotensegrity provides a fresh context for rethinking our understanding of human movement, but its complexities can be formidable.

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**AUD\$: 89.99**



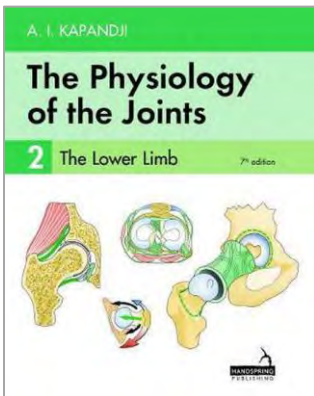
## The Physiology of the Joints - Volume 1

### The Upper Limb

By **Adalbert Kapandji**

*The Physiology of the Joints*, conceived and written more than forty years ago by Dr. A. I. Kapandji, deals with biomechanics, a subject until then mentioned only incidentally in textbooks of anatomy. Following his lead, every anatomy textbook nowadays has a large component devoted to the functional aspect of the locomotor system, which has become an essential scientific subject. This is the first of three volumes in the brand-new 7th edition. The seventh edition of this volume deals with the upper limb and has been expanded with the inclusion of new diagrams and text. In particular it explains: the concepts of DISI and VISI, employing the author's own "parable of the three friends," the transition to bipedalism, and more.

**HANDSPRING PUBLISHING**  
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 Paperback  
 275 X 220 mm  
 368 Pages  
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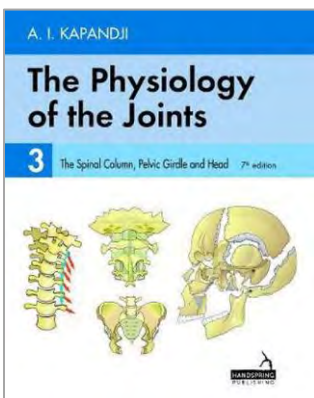
## The Physiology of the Joints - Volume 2

### The Lower Limb

By **Adalbert Kapandji**

*The Physiology of the Joints*, conceived and written more than forty years ago by Dr. A. I. Kapandji, deals with biomechanics, a subject until then mentioned only incidentally in textbooks of anatomy. Following his lead, every anatomy textbook nowadays has a large component devoted to the functional aspect of the locomotor system, which has become an essential scientific subject. The seventh edition of this volume deals with the lower limb and has been expanded with the inclusion of new diagrams and text dealing in particular with: elasticity of the Achilles' tendon, barycentre of the pregnant woman, stance phase, swinging of the upper limbs, different types of gait, ordinary and military, jumping.

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## The Physiology of the Joints - Volume 3

### The Spinal Column, Pelvic Girdle and Head

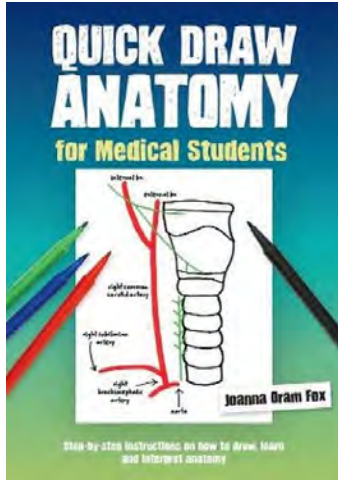
By **Adalbert Kapandji**

*The Physiology of the Joints*, conceived and written more than forty years ago by Dr. A. I. Kapandji, deals with biomechanics, a subject until then mentioned only incidentally in textbooks of anatomy. Following his lead, every anatomy textbook nowadays has a large component devoted to the functional aspect of the locomotor system, which has become an essential scientific subject. The seventh edition of this volume deals with the head and the spinal column and has been expanded with the inclusion of new diagrams and text dealing in particular with: the role of the femurs during the different stages of labour, the concepts of mass, weight and barycentre, how to localise the barycentres, joint hypermobility and more.

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**Quick Draw Anatomy for Medical Students**

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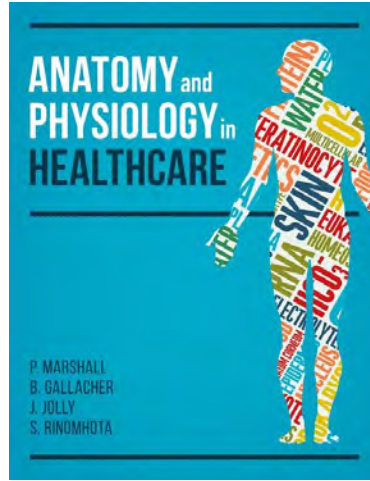
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Simple, step-by-step instructions on how to draw, learn and interpret the anatomy you need to know as a medical student.

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**Anatomy and Physiology in Healthcare**

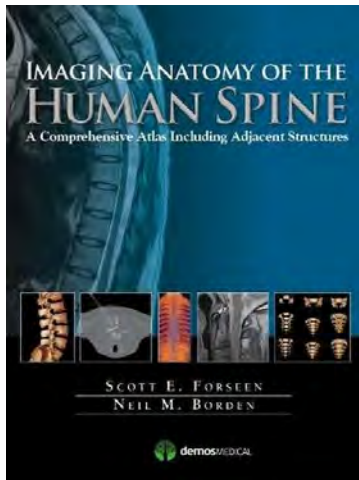
By **Paul Marshall, Beverly Gallacher**



*Anatomy and Physiology in Healthcare* uses a case-based approach to describe the biological principles which underpin the practice of healthcare.

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**Imaging Anatomy of the Human Spine**

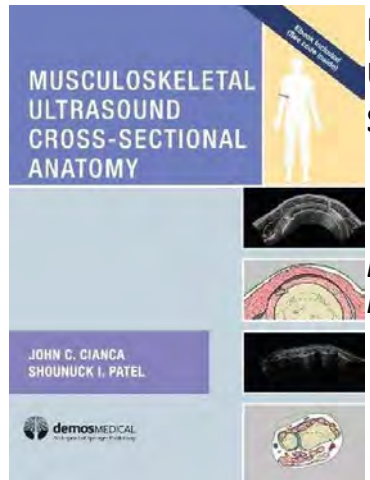
By **Scott E. Forseen, Neil M. Borden**



Provides a detailed overview of normal anatomy of the spine utilizing high-resolution, state-of-the-art images. All current modalities are represented including MRI, CT, CT and MR myelography and more.

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**Musculoskeletal Ultrasound Cross-Sectional Anatomy**

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Provides a roadmap of normal sonographic anatomy of the musculoskeletal system with optimized images that emphasize spatial relationships and three-dimensional orientation.

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Complete labeled illustrations of over 1,400 anatomical identifications. Loaded with beautifully illustrated diagrams clearly and concisely labeled for easy identification. Illustrations by award-winning medical illustrator Vincent Perez.

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**Anatomy 2 - Reference Guide**

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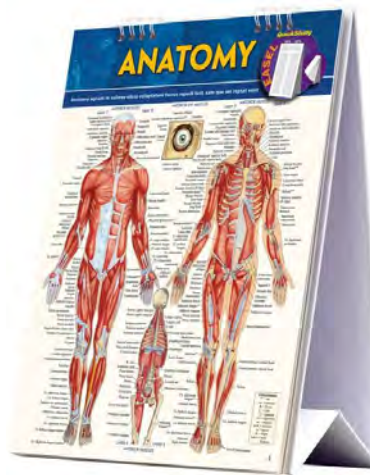


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**Anatomy Easel Book**

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Powerful human anatomy desktop easel reference in 21 pages with more detailed illustrations and labeled parts per page than any other reference tool. Pages are laminated, making them rip and spill-proof.

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**Joints & Ligaments**

*By Vincent Perez*

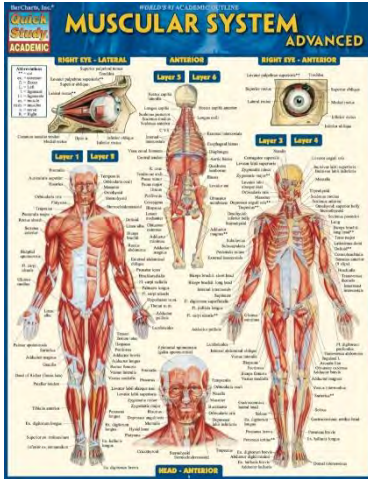


Complete, labeled illustrations of joints and ligaments in the human body. From pre-teen to pre-med, this guide is loaded with beautifully illustrated diagrams, clearly and concisely labeled for easy identification.

**BARCharts PUBLISHING**

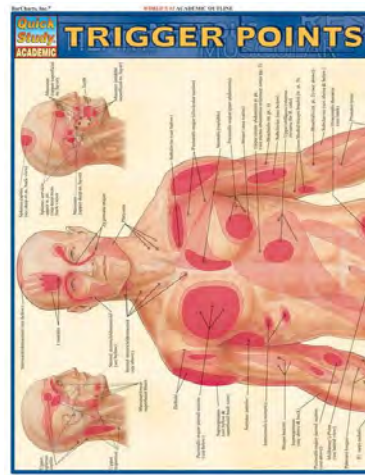
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### Muscular System Advanced

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### Trigger Points

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Studying the muscular system in detail will be a cinch with our comprehensive, six-panel guide. All areas of the body from head to toe have been illustrated and labeled in full color by award-winning artist Vincent Perez.

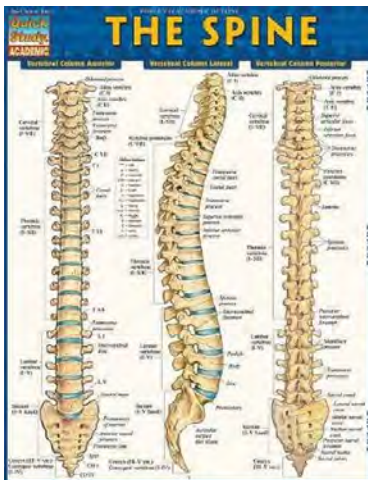
Uses detailed illustrations to showcase all the trigger points that can be found on the arms, legs, face, chest, back and other areas of the human body. Illustrations are by renowned anatomical artist, Vince Perez.

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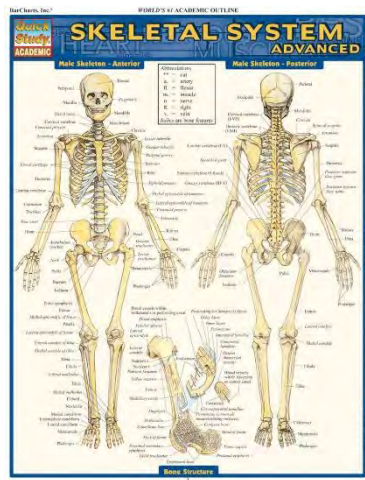
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### Skeletal System

By Vincent Perez



The Spine guide is one of BarCharts' newest additions to the QuickStudy (R) line of anatomy guides, posters, and flash cards. In our handy, fold-out format, you will find the anatomy of the human vertebral column.

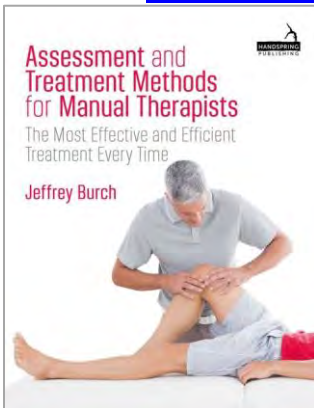
Studying the skeletal system in detail will be a cinch with our comprehensive, 6-panel guide. Each skeletal area--from the bones of the thorax to the vertebral column--has been illustrated and labeled in full color by award-winning artist Vincent Perez.

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**NEW**

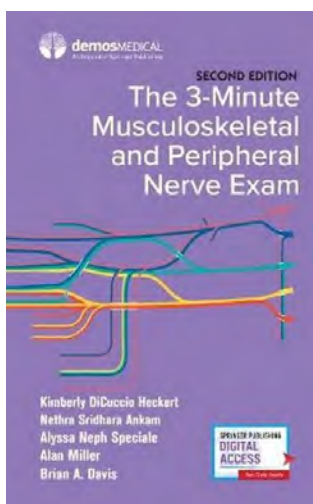
## Assessment and Treatment Methods for Manual Therapists

### The Most Effective and Efficient Treatment Every Time

*By Jeffrey Burch, Peter Anthony*

Effectively assessing clients and knowing how to treat them is the cornerstone of manual therapy. This practical and informative book gives clear and detailed information about these two steps. The book provides step-by-step instructions (including illustrations) for 19 assessment methods and 24 gentle treatment methods, some of which appear in print for the first time. These methods can be combined to give multiple options for treatment, as demonstrated in five practical examples which demonstrate how the practitioner can apply the methods to improve their clients' wellbeing. The author also describes his six-axis model of variance among treatment methods, which will be particularly useful for practitioners who may want to develop additional new treatment methods of their own.

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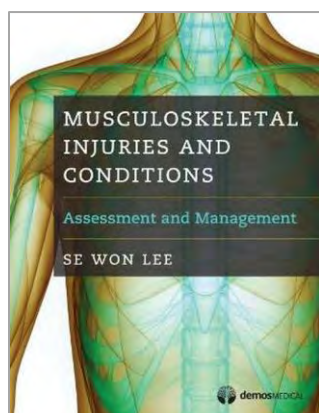
**NEW**

## The 3-Minute Musculoskeletal and Peripheral Nerve Exam 2/e

*By Kimberly DiCuccio Heckert, Nethra S. Ankam*

New edition of the premier quick reference to conducting thorough musculoskeletal and neuromuscular examinations, now in full color with video. Comprehensive and concise, *The 3-Minute Musculoskeletal and Peripheral Nerve Exam, Second Edition* is a lifeline for the beginning learner and trusted point-of-care reference for seasoned practitioners. Consistently formatted, every exam includes detailed color photographs and step-by-step instructions to describe patient and examiner actions, findings that indicate a positive test and what a positive test signifies, now with sensitivity and specificity data for specific diagnoses. Organized for rapid retrieval of essential information, the book traverses basic and advanced techniques for joint, muscle, reflex, and nerve exams and includes 180 videos demonstrating the maneuvers.

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## Musculoskeletal Injuries and Conditions

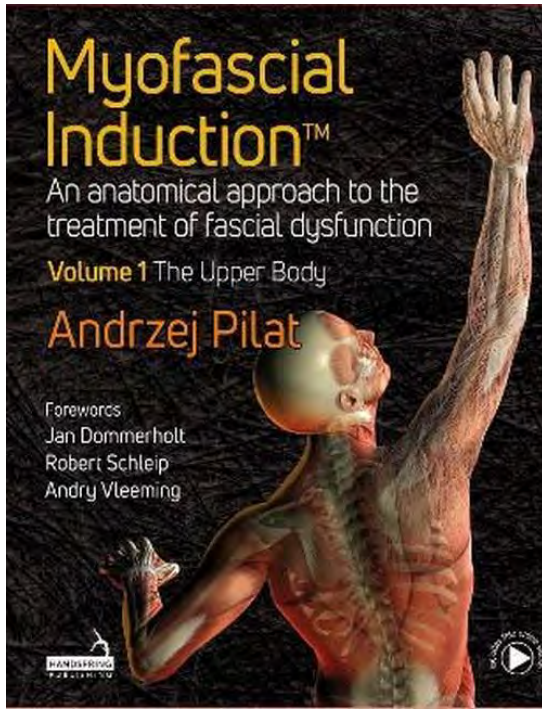
### Assessment and Management

*By Se Won Lee*

*Musculoskeletal Injuries and Conditions: Assessment and Management* is a practical guide to diagnosis and treatment of musculoskeletal conditions in clinical practice. More comprehensive than a handbook, yet more clinically focused than a desk reference, this volume is a one-stop guide for clinicians who deal with musculoskeletal disorders and injuries in the practice setting. The book is organized by anatomic region, from neck to toe, and written in outline format. Each chapter concisely presents the basic knowledge that every practitioner needs to have at the ready in the outpatient clinical context.

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**Myofascial Induction (TM) Volume 1**  
**The Upper Body: An Anatomical Approach to the Treatment of Fascial Dysfunction**

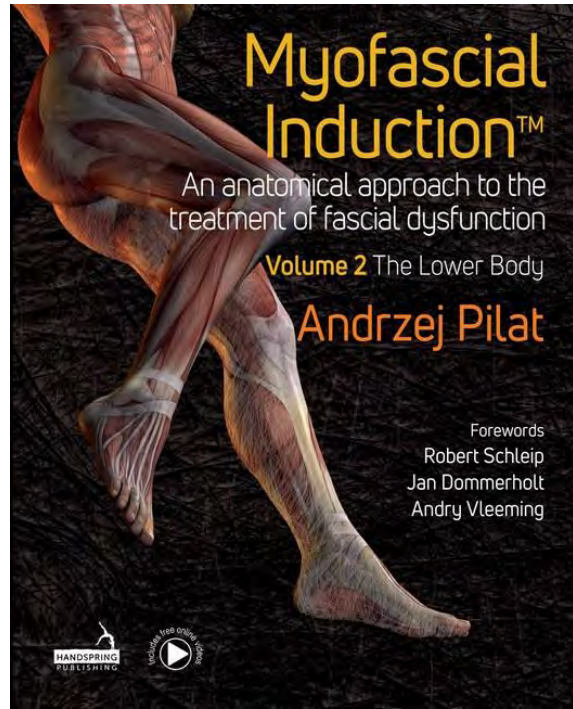
**NEW**

**By Andrzej Pilat**

*Myofascial Induction (TM)* - An anatomical approach to the treatment of fascial dysfunction describes the properties of the fascial network and provides therapeutic solutions for different types of fascial dysfunction. The material is presented in two volumes: Volume 1 analyzes in depth the theoretical aspects related to fascia and focuses on the therapeutic procedures of *Myofascial Induction Therapy (MIT (TM)) for the upper body*; Volume 2 summarizes and expands on the theoretical aspects and explains the therapeutic procedures of MIT for the lower body. These processes are explained in detail and are richly illustrated, in full color, with diagrams and photographs of their practical application in the body and in the treated samples of dissected tissues.

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**Myofascial Induction (TM) Vol 2**  
**The Lower Body: An Anatomical Approach to the Treatment of Fascial Dysfunction**

**NEW**

**By Andrzej Pilat**

In this unique and lavishly illustrated book and its accompanying videos the practitioner can for the first time see the effect of manual interventions on underlying body structures. Volume 2 addresses its applications to the thoracic and lumbar spine, the pelvis, and the lower body. The authors own teaching and practice provide the material that explains and illustrates fascial anatomy and therapeutic procedures. The beautiful full color photographs and videos of dissections of non-embalmed cadavers show the continuity of the fascial system and its dynamic links to other body systems. By demonstrating the effect that therapy has on body structures the book will be of interest and practical value to the physical therapist, osteopath, chiropractor, physician and all bodyworkers dedicated to manual therapy, as well as to researchers wishing to build on this ground-breaking material.

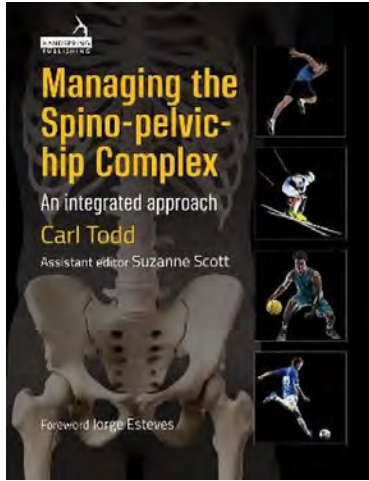
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*These two volumes are also available as a set. ISBN: 9781909141322*





**Managing the Spino-Pelvic-Hip Complex**

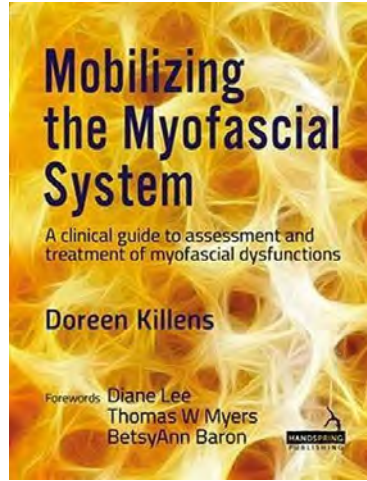
**By Carl Todd**



*Managing the Spino-Pelvic-Hip Complex* is based on the author's extensive clinical experience of assessing and treating athletes at all levels. For nearly 20 years his work has been in the field of high-performance sport.

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**Mobilizing the Myofascial System**

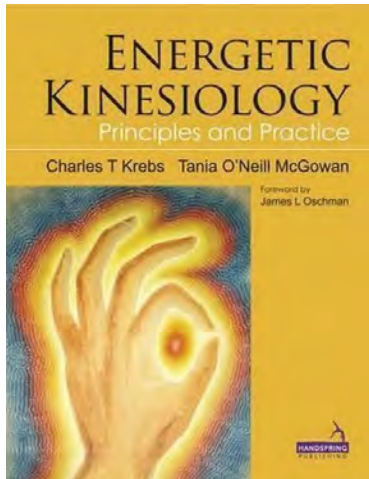
**By Doreen Killens**



An evidence-based textbook about myofascia and how an understanding of its functions and pathology can be used by physical therapists and other bodyworkers to illuminate and enhance their clinical practice.

**HANDSPRING PUBLISHING**  
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**9781909141902**

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**AUD\$: 119.00**



**Energetic Kinesiology**

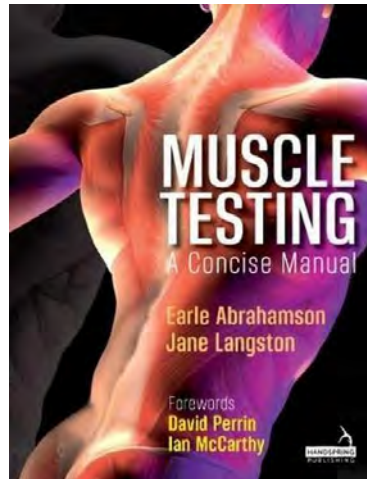
**By Charles Krebs, Tania McGowan**



*Energetic Kinesiology* is an emerging field internationally in the Complementary Health Sciences, gaining more and more scientific support and recognition. This fully referenced textbook describes the field.

**HANDSPRING PUBLISHING**  
**Author is from Australia**  
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 372 pages  
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**Muscle Testing**

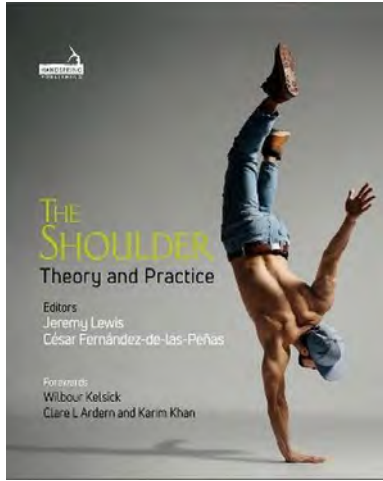
**By Earle Abrahamson, Jane Langston**



*Muscle testing - A Concise Manual*, provides a reference for understanding how structure relates to function, and how by knowing function we can learn structural configurations.

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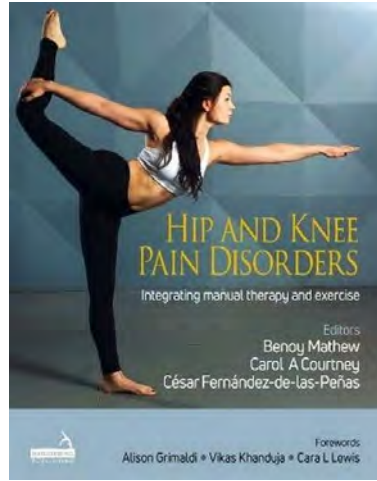
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**The Shoulder****By Cesar Fernandez-de-las-Penas, Jeremy Lewis****AUS & NZ CONTRIBUTORS**

*The Shoulder: Theory & Practice* presents a comprehensive fusion of the current research knowledge and clinical expertise that will be essential for any clinician from any discipline who is involved with the assessment.

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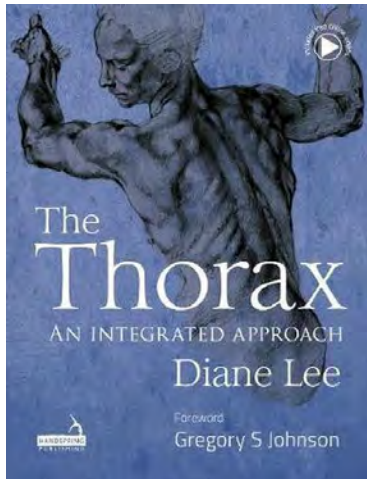
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712 pages  
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*Hip and Knee Pain Disorders* has been written to provide a state-of-the-art, evidence-informed and clinically-informed overview of the examination and conservative management of hip/knee pain conditions.

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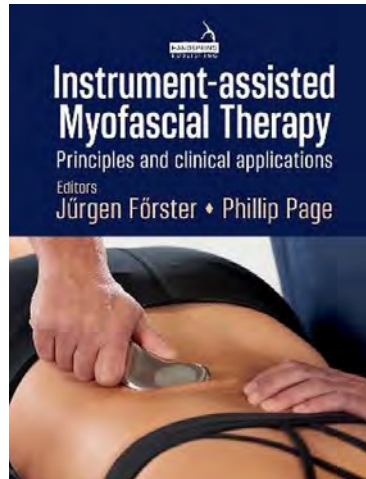
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**The Thorax****By Diane Lee**

This clinical textbook will update the reader on the relevant anatomy, known biomechanics, clinical assessment, musculoskeletal conditions and treatment of the thorax and how these relate to the function of the whole body.

**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
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Release Date: November 2018  
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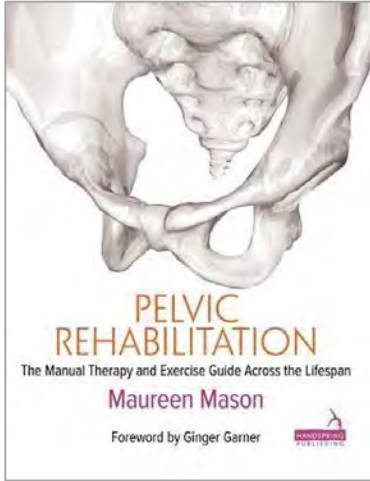
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**Instrument-Assisted Myofascial Therapy****By Jurgen Foerster, Phillip Page****NEW**

*Instrument-Assisted Myofascial Therapy - principles and clinical applications* provides a complete overview of this effective therapy (IAMT) based on the authors' own clinical experience of using instruments to treat myofascial lesions.

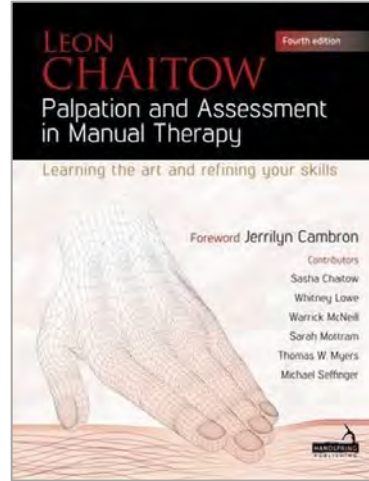
**HANDSPRING PUBLISHING**  
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**Palpation and Assessment in Manual Therapy 4/e**

By **Leon Chaitow**



This book presents paradigms and programs for pelvic health conditions over the lifespan from childhood to senior years, with medical pearls and storytelling.

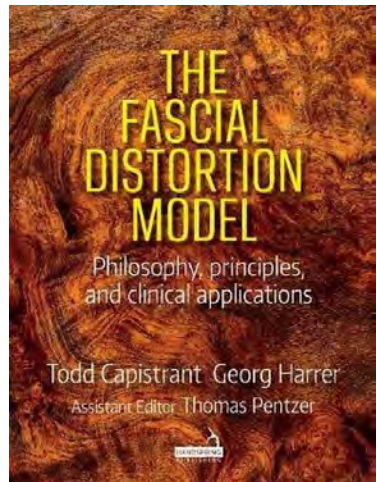
As the title suggests this book has been written to assist manual therapists to understand and hone the palpatory skills which are essential to their effectiveness as practitioners.

**HANDSPRING PUBLISHING**  
 Disc: ACAD & PROFESSIONAL  
 246 X 189 mm  
 Release Date: May 2023  
**9781913426095**

Paperback  
 240 pages  
 COLOUR SECTION(S)  
**AUD\$: 109.00**

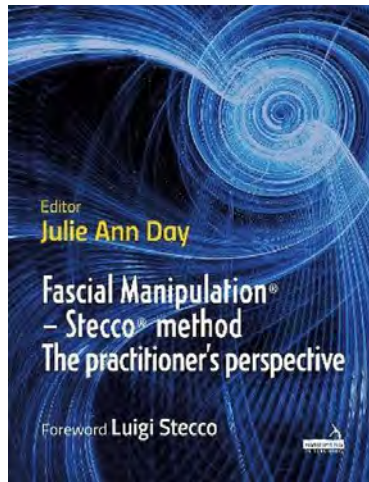
**HANDSPRING PUBLISHING**  
 Disc: ACAD & PROFESSIONAL  
 245 X 190 mm  
 Release Date: May 2017  
**9781909141346**

Paperback  
 342 pages  
 B&W THROUGHOUT  
**AUD\$: 98.99**



**The Fascial Distortion Model**

By **Todd Capistrant, Georg Harrer**



**Fascial Manipulation® - Stecco® method The practitioner's perspective**

By **Julie Ann Day**



*The Fascial Distortion Model (FDM)* was introduced by the American physician Stephen Typaldos (1957-2006). In this model all injuries and other conditions causing pain or disability are seen as arising from specific distortions.

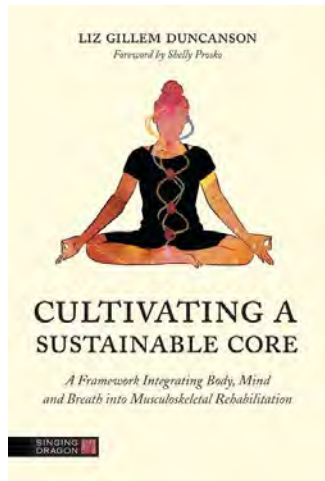
This book highlights the impact that the Fascial Manipulation (R) - Stecco (R) method for fascial dysfunctions, developed by Italian physiotherapist Luigi Stecco, has had on the clinical practice of 16 well-established practitioners.

**HANDSPRING PUBLISHING**  
 Disc: ACAD & PROFESSIONAL  
 245 X 190 mm  
 Release Date: April 2021  
**9781912085569**

Paperback  
 264 pages  
**AUD\$: 112.00**

**HANDSPRING PUBLISHING**  
 Disc: ACAD & PROFESSIONAL  
 245 X 190 mm  
 Release Date: October 2018  
**9781912085019**

Paperback  
 220 pages  
 B&W THROUGHOUT  
**AUD\$: 86.99**



## Cultivating a Sustainable Core

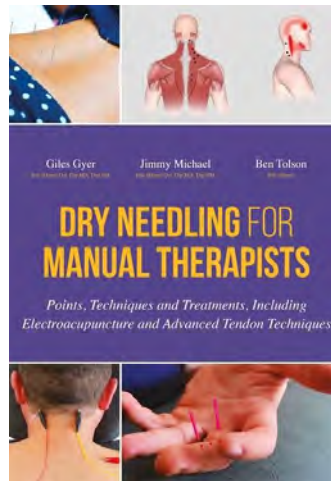
By Elizabeth Duncanson,  
Masha Pimas



Providing a new framework for treating patients holistically, this book offers a novel way of organizing movement therapy intake analysis.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: ACAD & PROFESSIONAL  
229 X 152 mm  
Release Date: September 2023  
**9781787754201**

Paperback  
320 pages  
B&W THROUGHOUT  
**AUD\$: 55.99**



## Dry Needling for Manual Therapists

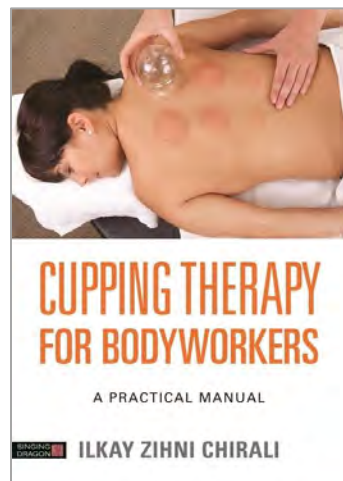
By Giles Gyer, Jimmy Michael



Designed to be a go-to reference for assessment and treatment planning in the clinic, this is a clear and concise handbook for students and practitioners of dry needling, or medical acupuncture.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
150 X 150 mm  
Release Date: March 2016  
**9781848192553**

Hardback  
320 pages  
**AUD\$: 112.00**



## Cupping Therapy for Bodyworkers

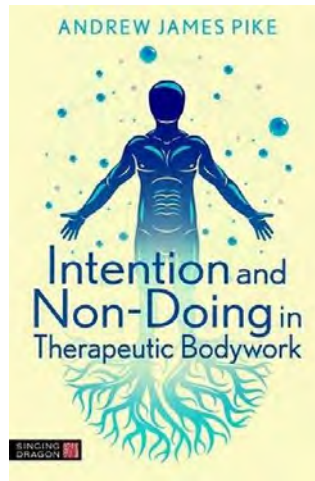
By Ilkay Zihni Chirali



Cupping therapy is a Traditional Chinese Medicine (TCM) technique that has been used for thousands of years as a highly effective treatment for a variety of conditions, including skin conditions and musculoskeletal complaints.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: TRADE INTERNATIONAL  
255 X 180 mm  
Release Date: October 2018  
**9781848193574**

Paperback  
112 pages  
**AUD\$: 77.99**



## Intention and Non-Doing in Therapeutic Bodywork

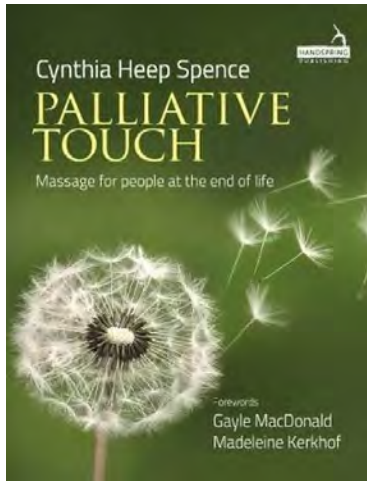
By Andrew Pike



Exploring the Buddhist/Taoist concept of non-doing and intention in relation to bodywork, this book focuses on how the therapist should approach their client without agenda and meet them where they are at.

**JESSICA KINGSLEY PUBLISHERS**  
Disc: ACAD & PROFESSIONAL  
229 X 152 mm  
Release Date: September 2021  
**9781787758988**

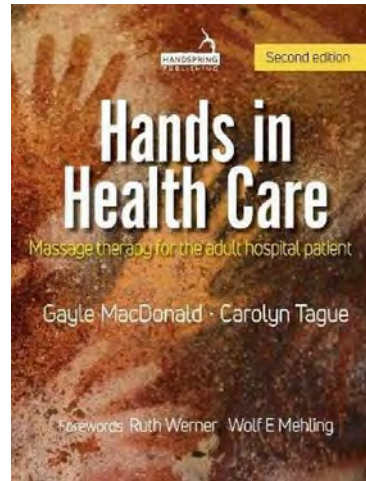
Paperback  
240 pages  
B&W THROUGHOUT  
**AUD\$: 49.99**

**Palliative Touch****By Cynthia Spence**

With the support of palliative care and hospice, a growing number of people are choosing the kinds of experiences they want at the end of life.

**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
246 X 189 mm  
Release Date: December 2022  
**9781913426194**

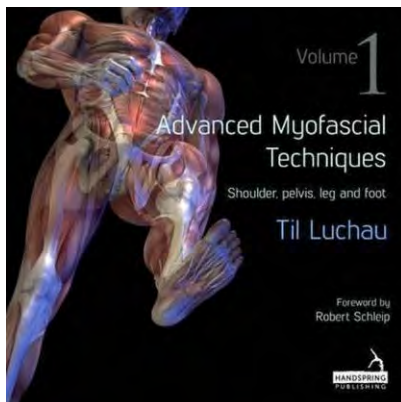
Paperback  
200 pages  
COLOUR SECTION(S)  
**AUD\$: 79.99**

**Hands in Health Care 2/e****By Gayle MacDonald, Carolyn Tague**

This is the second edition of a highly successful book - the only one available on this topic. The first edition was written by a well-known massage therapist and author, Gayle MacDonald.

**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
275 X 220 mm  
Release Date: March 2021  
**9781912085545**

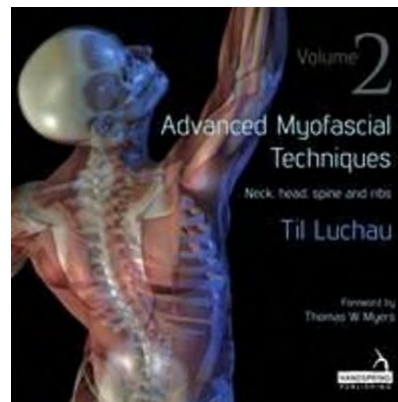
Paperback  
368 pages  
COLOUR SECTION(S)  
**AUD\$: 124.00**

**Advanced Myofascial Techniques: Volume 1****By Til Luchau**

A beautiful visual and narrative guide to a selection of unique hands-on myofascial techniques. Techniques are chosen for inclusion based on their relevance to the most common client complaints.

**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
250 X 250 mm  
Release Date: May 2015  
**9781909141162**

Paperback  
208 pages  
**AUD\$: 109.00**

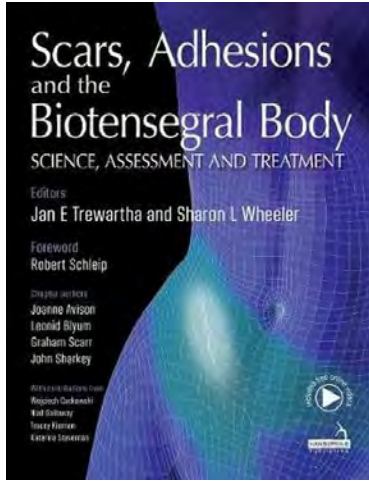
**Advanced Myofascial Techniques: Volume 2****By Til Luchau**

*Advanced Myofascial Techniques, Volume 2* is the second of two beautiful, information-packed guides to highly effective manual therapy techniques.

**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
250 X 250 mm  
Release Date: July 2016  
**9781909141179**

Paperback  
244 pages  
**AUD\$: 109.00**

*These two volumes are also available as a set. ISBN: 9781909141322*



**Scars, Adhesions and the Biotensegral Body**

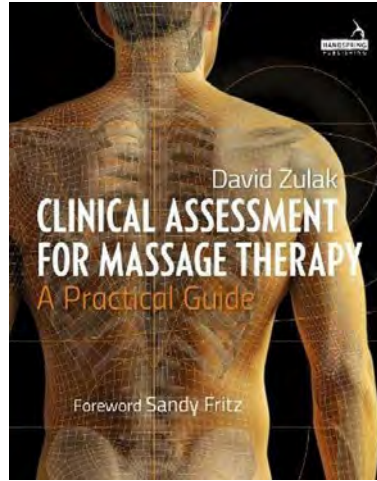
**By Jan Trewartha, Sharon Wheeler**



This highly illustrated book explains the effects of scars and adhesions on the body through the lens of biotensegrity, a concept that recognizes the role of physical forces on their formation, structure and treatment.

**HANDSPRING PUBLISHING**  
 Disc: ACAD & PROFESSIONAL  
 245 X 190 mm  
 Release Date: August 2020  
**97819121085460**

Paperback  
 176 pages  
 COLOUR SECTION(S)  
**AUD\$: 96.99**



**Clinical Assessment For Massage Therapy**

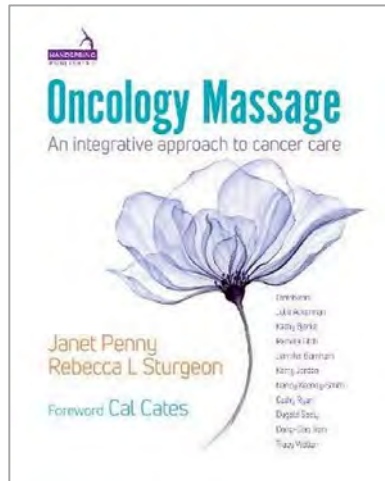
**By David Zulak, Sandy Fritz**



A comprehensive and highly illustrated guide to examining and assessing patients prior to massage therapy.

**HANDSPRING PUBLISHING**  
 Disc: ACAD & PROFESSIONAL  
 275 X 225 mm  
 Release Date: July 2018  
**9781909141377**

Paperback  
 584 pages  
 B&W THROUGHOUT  
**AUD\$: 129.00**



**Oncology Massage**

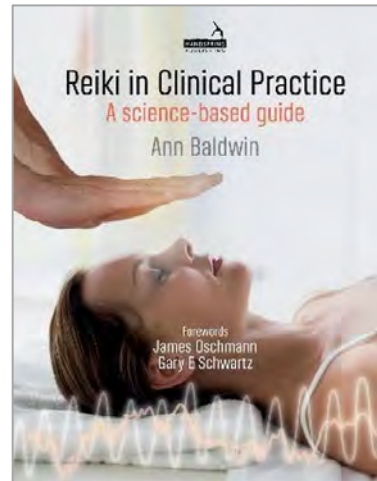
**By Janet Penny, Rebecca Sturgeon**



In *Oncology Massage - an integrative approach to cancer care* the authors have created a textbook which will provide both experienced and inexperienced therapists with a resource to expand their knowledge.

**HANDSPRING PUBLISHING**  
 Disc: ACAD & PROFESSIONAL  
 275 X 220 mm  
 Release Date: July 2021  
**97819121085750**

Paperback  
 316 pages  
 COLOUR SECTION(S)  
**AUD\$: 112.00**



**Reiki in Clinical Practice**

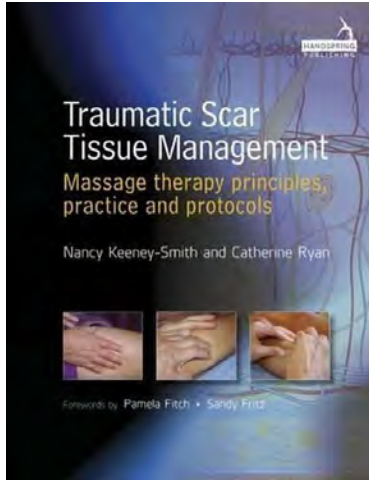
**By Ann Baldwin**



Reiki is a healing technique, using gentle touch with the hands placed on or slightly away from the body to optimize physical, mental and emotional health.

**HANDSPRING PUBLISHING**  
 Disc: ACAD & PROFESSIONAL  
 245 X 190 mm  
 Release Date: April 2020  
**97819121085361**

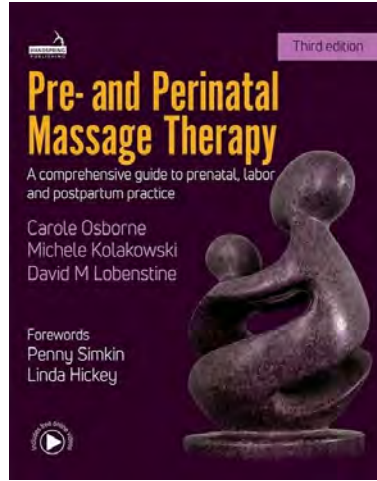
Paperback  
 228 pages  
 B&W THROUGHOUT  
**AUD\$: 86.99**

**Traumatic Scar Tissue Management****By Nancy Keeney Smith, Catherine Ryan**

The management of scar tissue is a huge and growing problem for massage and other manual therapists. Research has showed that appropriate massage treatment can have significant results both physically and psychologically.

**HANDSPRING PUBLISHING**  
 Disc: ACAD & PROFESSIONAL  
 245 X 190 mm  
 Release Date: June 2016  
**9781909141223**

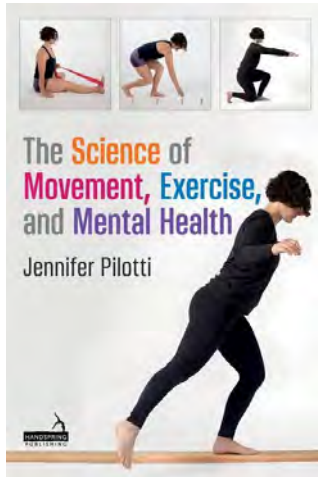
Paperback  
 296 pages  
 B&W THROUGHOUT  
**AUD\$: 119.00**

**Pre- and Perinatal Massage Therapy 3/e****By Carole Osborne, Michele Kolakowski**

This is the third edition of a highly successful guide to using massage therapy through all stages of the birth process, from pregnancy, through labor and birth, and into the long postpartum period.

**HANDSPRING PUBLISHING**  
 Disc: ACAD & PROFESSIONAL  
 275 X 220 mm  
 Release Date: April 2021  
**9781912085736**

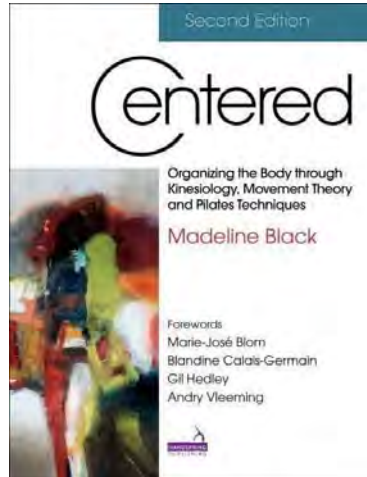
Paperback  
 336 pages  
 COLOUR SECTION(S)  
**AUD\$: 124.00**

**MOVEMENT****The Science of Movement, Exercise, and Mental Health****By Jennifer Pilotti**

This book provides both the scientific underpinnings of the link between movement and mental health, and practical advice to help individuals achieve their goals.

**HANDSPRING PUBLISHING**  
 Disc: TRADE INTERNATIONAL  
 229 X 152 mm  
 Release Date: September 2023  
**9781839977732**

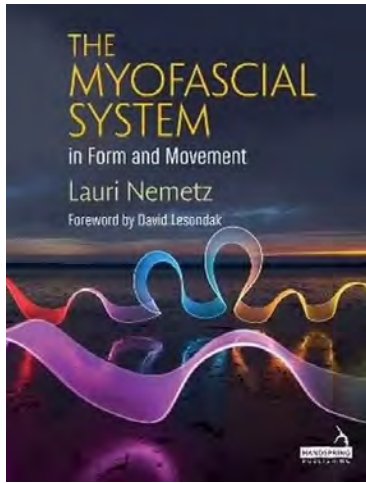
Paperback  
 336 pages  
 B&W THROUGHOUT  
**AUD\$: 72.99**

**Centered 2/e****By Madeline Black**

The second edition of *Centered* offers movement practitioners an interdisciplinary approach to physical training that combines the newest advances in science, adaptative biotensegrity principles, and more.

**HANDSPRING PUBLISHING**  
 Disc: ACAD & PROFESSIONAL  
 245 X 190 mm  
 Release Date: October 2022  
**9781912085958**

Paperback  
 400 pages  
 COLOUR SECTION(S)  
**AUD\$: 112.00**



### The Myofascial System in Form and Movement

By Laurie Nemetz

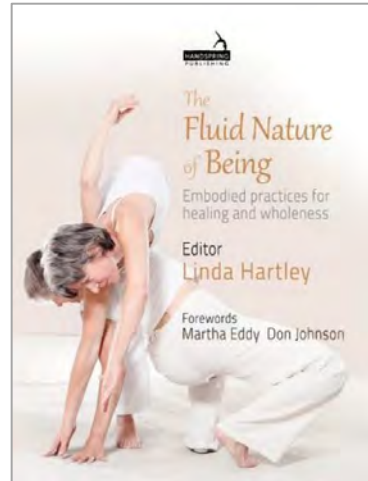
NEW



This book is intended to help the reader be part of the rich movement dialogue in the rapidly changing field of myofascial science and to spark conversation between diverse professions from the physical trainer to the physicist.

**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
246 X 189 mm  
Release Date: January 2023  
9781912085798

Paperback  
208 pages  
COLOUR SECTION(S)  
AUD\$: 79.99



### The Fluid Nature of Being

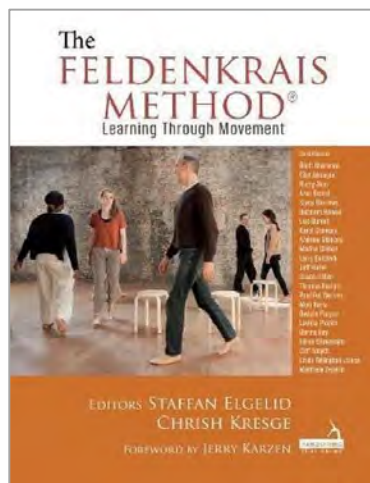
By Linda Hartley



*The Fluid Nature of Being* is a collection of writings by practitioners of Integrative Bodywork & Movement Therapy (IBMT), an approach to somatic movement education and therapy.

**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
246 X 189 mm  
Release Date: October 2022  
9781913426491

Paperback  
280 pages  
AUD\$: 86.99



### The Feldenkrais Method

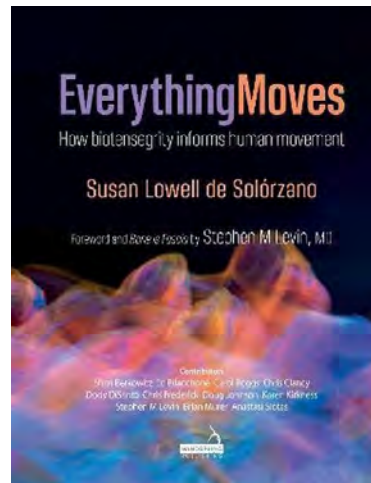
By Staffan Elgelid, Chris Kresge



Key features of this book: Comparisons about similarities as well as differences between the different methods. It also shows very clearly how the Feldenkrais Method can be applied in a variety of specific settings.

**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
245 X 190 mm  
Release Date: July 2021  
9781912085699

Paperback  
224 pages  
B&W THROUGHOUT  
AUD\$: 81.99



### Everything Moves

By Susan Lowell de Solórzano

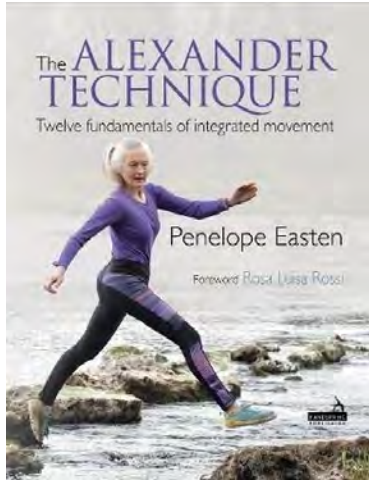


'What a multi-sensory pleasure in learning! I will be a better teacher and better clinician using what I am learning from this book.' Carol M Davis DPT, EdD, MS, FAPTA.

**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
245 X 190 mm  
Release Date: December 2020  
9781909141964

Paperback  
200 pages  
AUD\$: 99.99

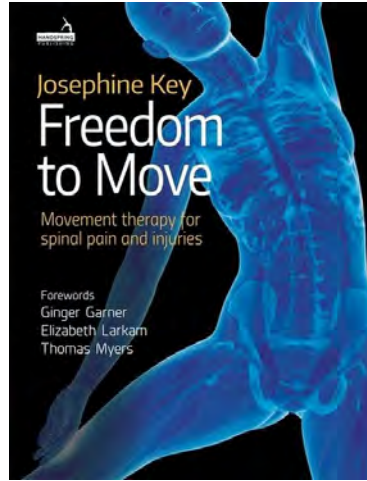


**The Alexander Technique****By Penelope Easten**

All aspects of life involve movement. This book offers a broad, new theoretical framework of how integrated movement occurs, with ideas from recent science, and practical explorations.

**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
275 X 220 mm  
Release Date: June 2021  
**9781912085859**

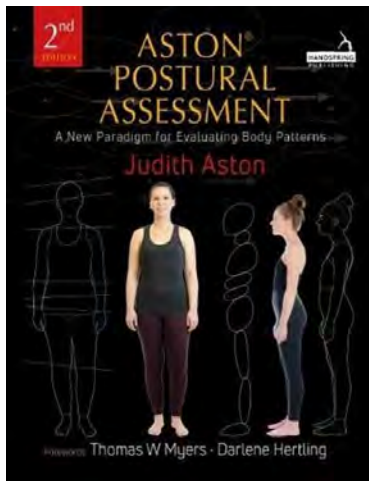
Paperback  
304 pages  
B&W THROUGHOUT  
**AUD\$: 112.00**

**Freedom to Move****By Josephine Key**

*Freedom to Move* is an evidence informed practical resource which provides movement therapists of all disciplines with an exercise blueprint for rehabilitating spinal pain and many related injuries.

**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
245 X 190 mm  
Release Date: December 2018  
**9781909141926**

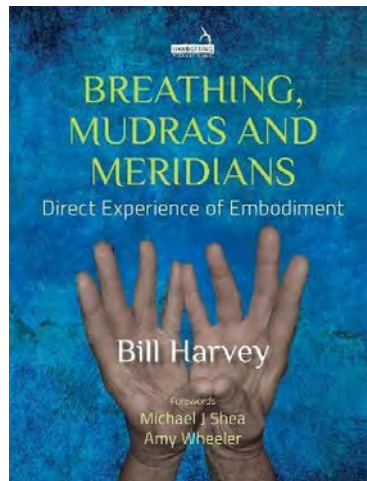
Paperback  
396 pages  
**AUD\$: 109.00**

**Aston (R) Postural Assessment****By Judith Aston**

This is a brand new edition of a successful book which was one of the first to encourage movement therapists and bodyworkers to look at the postural causes of movement problems, rather than focusing treatment just on the physical symptoms.

**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
278 X 217 mm  
Release Date: February 2020  
**9781912085347**

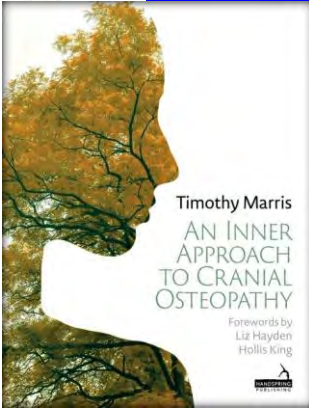
Paperback  
256 pages  
**AUD\$: 86.99**

**Breathing, Mudras and Meridians****By Bill Harvey**

This book covers the three pathways of awareness that are built into our bodies, and that can help us to improve the beneficial aspects of our breathing.

**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
245 X 190 mm  
Release Date: September 2021  
**9781909141865**

Paperback  
208 pages  
B&W THROUGHOUT  
**AUD\$: 81.99**



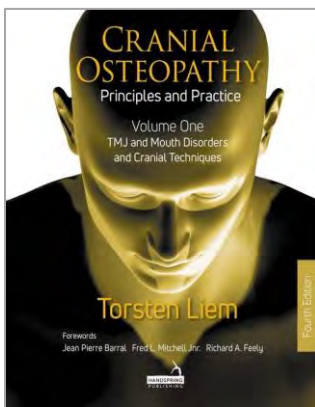
NEW

## An Inner Approach to Cranial Osteopathy

By *Timothy Marris, Hollis King*

This book is for the current Cranial Osteopathic practitioner. It looks into Cranial Osteopathy from a more profound inner approach to help the practitioner to understand Cranial Osteopathy from a deeper and broader perspective. The book starts by taking the reader on an inner journey of understanding more about themselves as the practitioner, discussing the osteopathic toolbox, and the need to be inner centred when diagnosing and treating. It then looks at aspects of diagnosis - of tissue and fluid states - giving the reader several inner considerations which they should apply when assessing a patient. The book then looks at the whole body and using an inner approach to assess and treat each area.

**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
Paperback  
246 X 189 mm  
288 Pages  
Rel Date: September 2023  
**9781913426378**  
**AUD\$: 123.00**



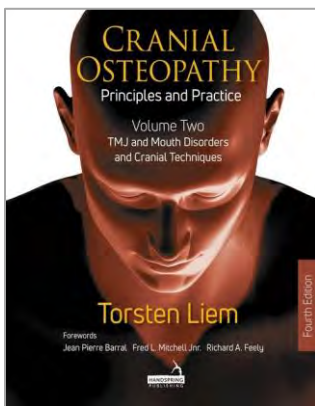
NEW

## Cranial Osteopathy - Volume 1 TMJ and Mouth Disorders, and Cranial techniques

By *Torsten Liem*

Taking a profound inner approach to help the modern Cranial Osteopathic practitioner understand Cranial Osteopathy from a deeper and broader perspective, this book begins by takes the reader on a journey of understanding about themselves as a practitioner. It discusses the osteopathic toolbox - the skill set which the practitioner must bring to each patient - as well as the need to be inner centred when diagnosing and treating. The following chapter looks at aspects of diagnosis - of tissue and fluid states, giving the reader several inner considerations which they should apply when assessing a patient. The book then looks at the whole body and advises on using an inner approach to assess and treat TMJ and mouth disorders.

**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
Paperback  
276 X 220 mm  
352 Pages  
Rel Date: November 2023  
**9781913426712**  
**AUD\$: 186.00**



NEW

## Cranial Osteopathy - Volume 2 Special Sense Organs, Orofacial Pain, Headache, and Cranial Nerves

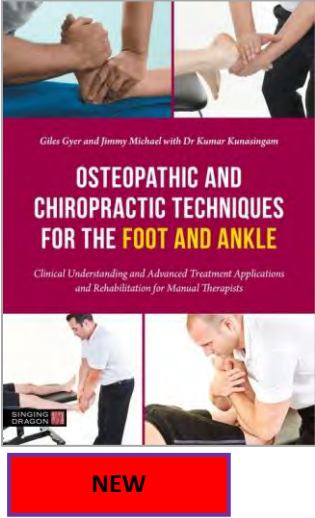
By *Torsten Liem*

Taking a profound inner approach to help the modern Cranial Osteopathic practitioner understand Cranial Osteopathy from a deeper and broader perspective, this second volume focuses on special sense organs, orofacial pains, headaches and cranial nerves. With guidance in how to best understand yourself as a practitioner, highly detailed discussions of assessing and treating relevant anatomy, and hands on exercises that you can use at the treatment table - this is a comprehensive companion for cranial osteopaths. The chapters are written in a sequence of difficulty, each increasing the readers knowledge, understanding and palpatory skills in preparation for the knowledge/ skill set as they progress through the book.

**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
Paperback  
276 X 220 mm  
224 Pages  
Rel Date: November 2023  
**9781913426699**  
**AUD\$: 186.00**



*These two volumes are also available as a set. ISBN: 9781805010781*

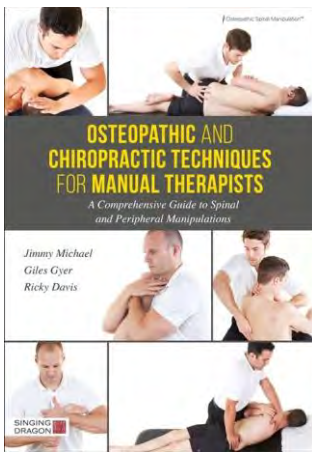


## Osteopathic and Chiropractic Techniques for the Foot and Ankle

*By Giles Gyer, Jimmy Michael*

Exploring treatment options for foot and ankle conditions, this manual therapy textbook looks at bunions, ankle strain, Achilles tendon issues, plantar fasciitis, fractures and sport specific injuries amongst others. Gyer and Michael, along with Dr Kunasingam, examine common misconceptions about foot and ankle conditions and provide explanations on how to assess and diagnose patients. The book also presents a wide treatment selection for manual therapists such as orthotics, taping, soft tissue and joint techniques and common rehabilitation options, with advice on when to refer patients for surgery.

**HANDSPRING PUBLISHING**  
 Disc: TRADE INTERNATIONAL  
 Paperback  
 246 X 173 mm  
 320 Pages  
 B&W THROUGHOUT  
 Rel Date: July 2023  
**9781839972010**  
**AUD\$: 104.00**



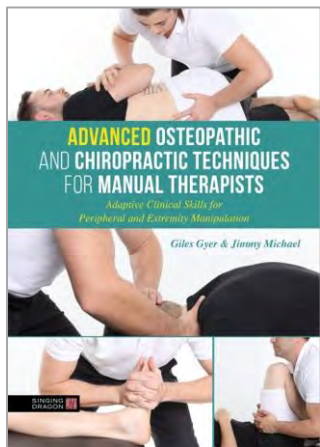
## Osteopathic and Chiropractic Techniques for Manual Therapists

*By Giles Gyer, Jimmy Michael*

The first book ever to bring together the best techniques from chiropractic and osteopathy, this easy-to-use guide is necessary reading for any manual therapist wishing to hone their skills and discover related techniques that will enhance their practice. Offering practical step-by-step instruction on how to treat a full scope of musculoskeletal conditions, this duo-disciplinary guide draws on current anatomical and physiological research to bring all the most advanced and adaptive manipulation therapy techniques to your fingertips. Providing a brief history of the two central branches of manual therapy, it gives a valuable insight into how manipulation therapists can benefit from sharing ideas and integrating versatile techniques across practices, before providing clear, illustrated references for how to apply the methods on specific sections of the body.

**JESSICA KINGSLEY PUBLISHERS**  
 Disc: TRADE INTERNATIONAL  
 Hardback  
 257 X 188 mm  
 296 Pages

Rel Date: September 2017  
**9781848193260**  
**AUD\$: 112.00**



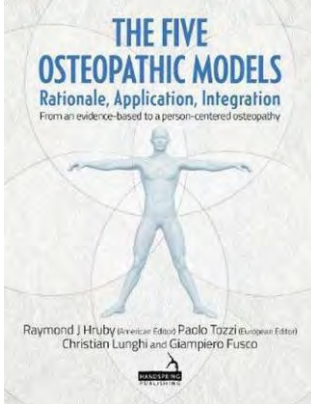
## Advanced Osteopathic and Chiropractic Techniques for Manual Therapists

*By Giles Gyer, Jimmy Michael*

Develop your knowledge of chiropractic and osteopathy with this comprehensive guide to advanced skills and peripheral manipulation techniques. This practical handbook takes into account the latest research, highlighting the neurophysiological effects of these techniques, and providing clear, step-by-step guidance from experienced manual therapists. Covering key topics such as the effects of manipulation on organs, working in sports settings, and motion palpation misconceptions, the book demonstrates how to work with a range of joints with advice on diagnostics, contraindications and safety precautions. This is an expert collaboration between professions and can be used as the go-to clinical handbook for all manual therapists.

**JESSICA KINGSLEY PUBLISHERS**  
 Disc: TRADE INTERNATIONAL  
 Hardback  
 105 X 150 mm  
 288 Pages  
 Rel Date: August 2020  
**9780857013941**  
**AUD\$: 115.00**



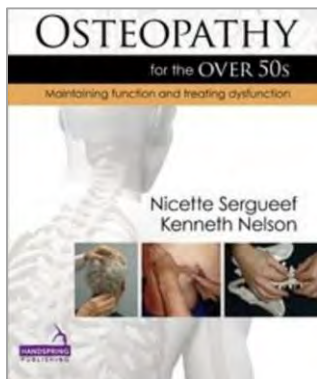


## The Five Osteopathic Models

By *Ray Hruby, Paulo Tozzi*

Far from being simply a sequence of techniques, as practised in many countries osteopathy is an independent primary health care system based on principles applied through a manual practice: a unique profession that takes care of the whole person through the application of five models (biomechanical, neurological, respiratory-circulatory, metabolic, and behavioral). These conceptual models of the relationship between structure and function allow osteopaths to evaluate treatment with the aim of promoting health rather than curing disease. This book is intended as a manual for both students and osteopathic professionals interested in exploring the principles, objectives, origins and application of the five osteopathic models, from traditional concepts up to a modern vision, based on evidence and critical thinking.

**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
Paperback  
245 X 190 mm  
420 Pages  
Rel Date: October 2017  
**9781909141681**  
**AUD\$: 149.00**

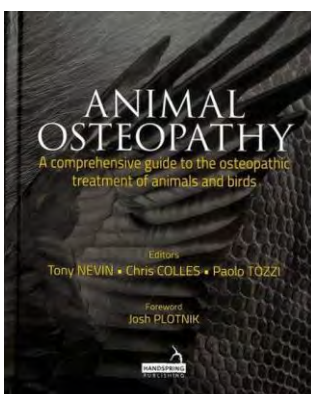


## Osteopathy for the Over 50s Maintaining Function and Treating Dysfunction

By *Nicette Sergueef, Kenneth Nelson*

*Osteopathy for the Over 50s* provides a study of the biomechanics and physiology of somatic dysfunction as it relates to those who have reached the age of 50. Although textbooks about osteopathy have been available for over 100 years, there is little material specifically addressing the treatment of adults in this demographic group, despite the increase in their numbers. In this book the authors - describe the diagnosis of somatic dysfunction and the application of osteopathic manipulative treatment specifically as it relates to this age group. - consider the relevance of the somatic function and dysfunction in multiple clinical areas including cardiology, pulmonology, gastroenterology, urology, neurology and rheumatology.

**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
Hardback  
246 X 189 mm  
384 Pages  
B&W THROUGHOUT  
Rel Date: June 2014  
**9781909141094**  
**AUD\$: 174.00**



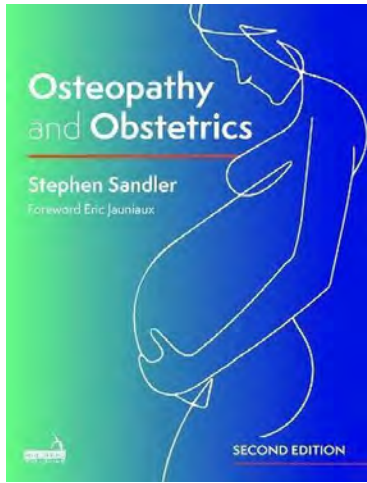
## Animal Osteopathy A comprehensive guide to the osteopathic treatment of animals and birds

By *Anthony Nevin, Christopher Colles*

This is a comprehensive reference textbook for all those using osteopathic treatment techniques with animals or birds or studying to do so. The book is divided into sections: equine osteopathy; general small animal osteopathy; osteopathy for exotics- (pets such as tortoise, snakes, ferrets etc); osteopathy for wildlife - native as well as non to the UK including species found in most zoological collections; avian osteopathy - both domestic and wild/exotic. Each section covers information specific to that group. This makes the book appropriate for supporting structured post-graduate university validated courses in a clear and easily navigable way.

**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
Hardback  
250 X 195 mm  
478 Pages  
COLOUR SECTION(S)  
Rel Date: April 2020  
**9781909141308**  
**AUD\$: 298.00**

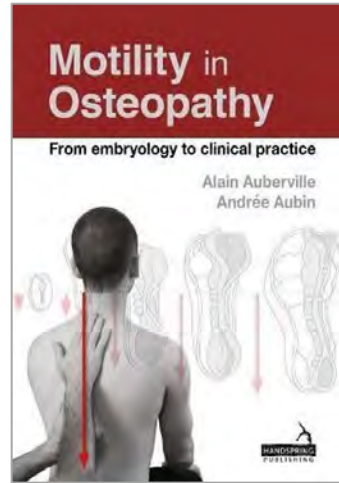


**Osteopathy and Obstetrics***By Dr. Stephen Sandler*

*Osteopathy and Obstetrics* is already well-established as a textbook for postgraduate and undergraduate students of osteopathy. In this new edition, now in full color throughout, the original text has been revised.

**HANDSPRING PUBLISHING**  
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250 X 195 mm  
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**9781913426231**

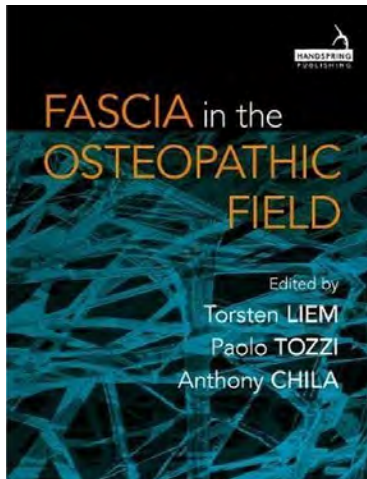
Hardback  
300 pages  
COLOUR SECTION(S)  
**AUD\$: 97.99**

**Motility in Osteopathy***By Alain Auberville, Andrée Aubin*

Motility, relating to the vital energy of the human tissues, is a basic concept in osteopathy. This book presents a simple and systematic definition of motility, based on the movement of all of the body's structures during embryogenesis.

**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
240 X 170 mm  
Release Date: July 2017  
**9781909141667**

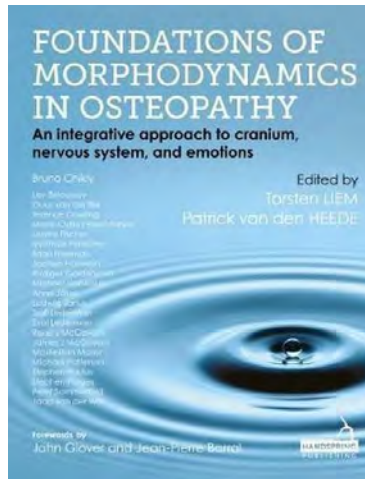
Paperback  
168 pages  
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**AUD\$: 74.99**

**Fascia in the Osteopathic Field***By Torsten Liem, Paolo Tozzi*

The book aims to enable osteopaths - and other manual practitioners/bodyworkers - to understand the importance of fascia and its relevance to their work.

**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
246 X 190 mm  
Release Date: June 2017  
**9781909141278**

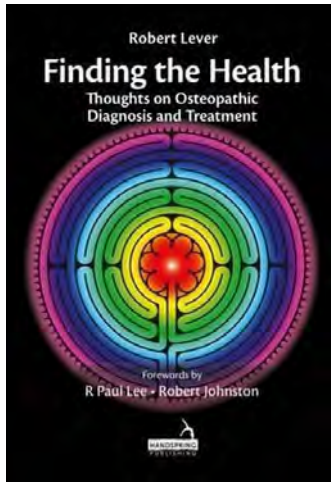
Paperback  
632 pages  
COLOUR SECTION(S)  
**AUD\$: 196.00**

**Foundations of Morphodynamics in Osteopathy***By Torsten Liem, Patrick van den Heede*

In 35 chapters written by the editors and a team of internationally renowned contributors the book covers the underlying principles of osteopathic palpation from a biodynamic and 'morphodynamic' perspective, and more.

**HANDSPRING PUBLISHING**  
Disc: ACAD & PROFESSIONAL  
250 X 200 mm  
Release Date: May 2017  
**9781909141247**

Hardback  
720 pages  
B&W THROUGHOUT  
**AUD\$: 216.00**



**Finding the Health**

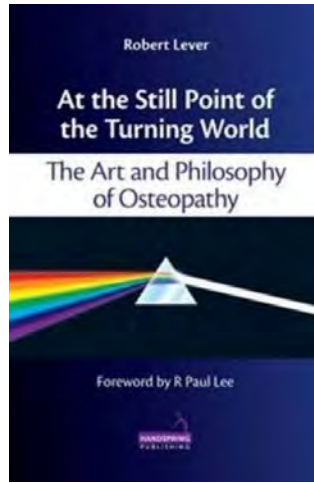
*By Robert Lever*



An account by a master teacher and practitioner of how, through a profound understanding and application of what osteopathy really is and should be, the clinician can 'find the health' rather than simply confronting disease.

**HANDSPRING PUBLISHING**  
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 230 X 155 mm  
 Release Date: February 2017  
**9781909141742**

Hardback  
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**AUD\$: 74.99**



**At the Still Point of the Turning World**

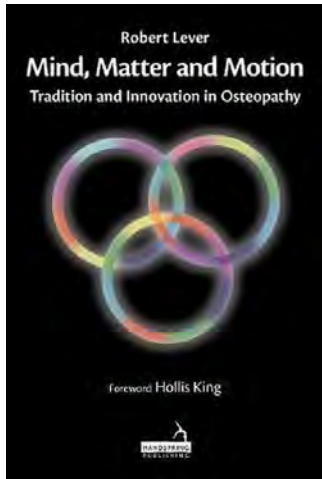
*By Robert Lever*



Examines the history and development of osteopathy and its place in modern healthcare. Describes the complex range of skills which combine to make osteopathy a unique and effective therapy.

**HANDSPRING PUBLISHING**  
 Disc: ACAD & PROFESSIONAL  
 230 X 155 mm  
 Release Date: February 2014  
**9781909141063**

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 204 pages  
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**Mind, Matter and motion**

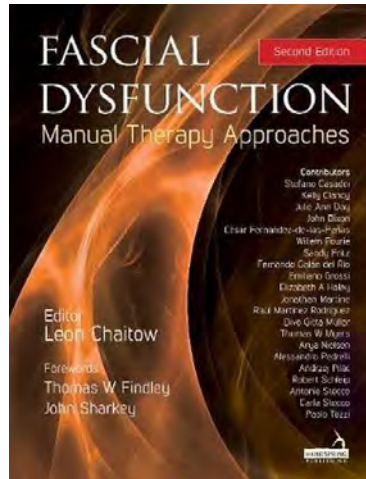
*By Robert Lever*



This book is an adventurous foray into the subtle aspects of osteopathic diagnosis and treatment, the 'energetic' dimension in relation to the Lesion.

**HANDSPRING PUBLISHING**  
 Disc: ACAD & PROFESSIONAL  
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 Release Date: April 2020  
**9781912085873**

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 100 pages  
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**Fascial Dysfunction**

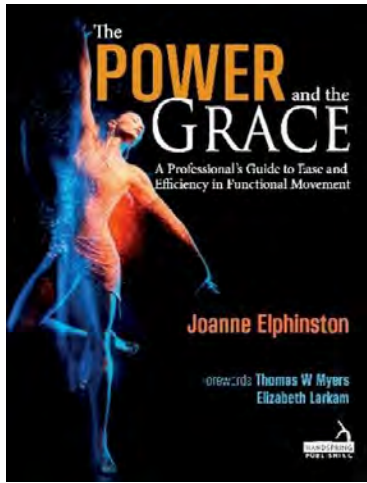
*By Leon Chaitow*



Fascial dysfunction is now recognised as one of the main underlying causes of musculoskeletal pain leading to impaired and reduced mobility.

**HANDSPRING PUBLISHING**  
 Disc: ACAD & PROFESSIONAL  
 245 X 190 mm  
 Release Date: February 2019  
**9781909141940**

Paperback  
 408 pages  
**AUD\$: 124.00**



**The Power and the Grace**

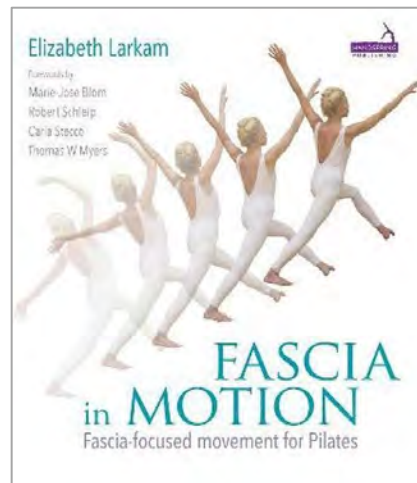
**By Joanne Elphinston**



Designed for Pilates and yoga teachers, health and rehabilitation professionals, *'The Power and the Grace'* demystifies functional movement and integrates the science of movement with the art of teaching it.

**HANDSPRING PUBLISHING**  
 Disc: ACAD & PROFESSIONAL  
 245 X 190 mm  
 Release Date: January 2020  
**9781912085385**

Paperback  
 264 pages  
**AUD\$: 97.99**



**Fascia in Motion**

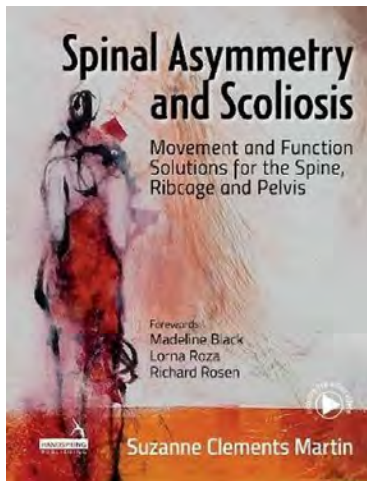
**By Elizabeth Larkam**



*Fascia in Motion* is a comprehensive guide to fascia-oriented training in original and contemporary Pilates mat, reformer, and studio applications.

**HANDSPRING PUBLISHING**  
 Disc: ACAD & PROFESSIONAL  
 250 X 280 mm  
 Release Date: December 2017  
**9781909141285**

Paperback  
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**Spinal Asymmetry and Scoliosis**

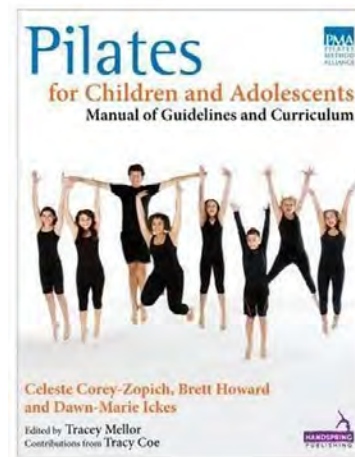
**By Suzanne Clements Martin**



Dr Martin's book provides a theoretical framework and specific progressive exercises in the Pilates environment in their work with those individuals who have asymmetries of the spine, ribcage and pelvis.

**HANDSPRING PUBLISHING**  
 Disc: ACAD & PROFESSIONAL  
 245 X 190 mm  
 Release Date: January 2019  
**9781909141728**

Paperback  
 252 pages  
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**AUD\$: 86.99**



**Pilates for Children and Adolescents**

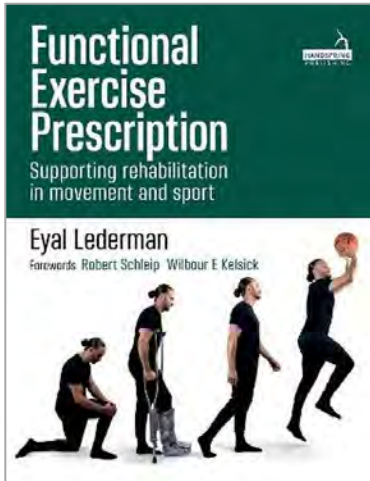
**By Celeste Corey-Zopich, Brett Howard**



*Pilates for Children and Adolescents* is the first comprehensive manual of guidelines and formal curriculum for teaching Pilates to young people.

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 245 X 190 mm  
 Release Date: July 2014  
**9781909141124**

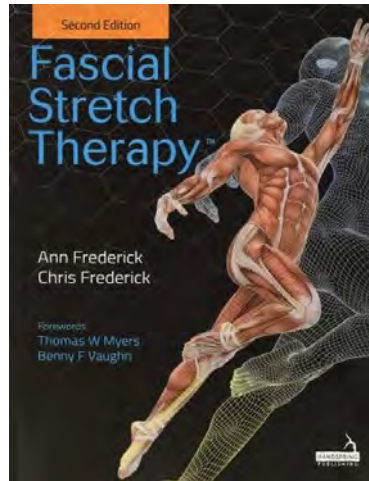
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**Functional Exercise Prescription****By Eyal Lederman**

In *Functional Exercise Prescription* Eyal Lederman presents a revolutionary new approach for exercise prescription that uses the individual's own movement repertoire.

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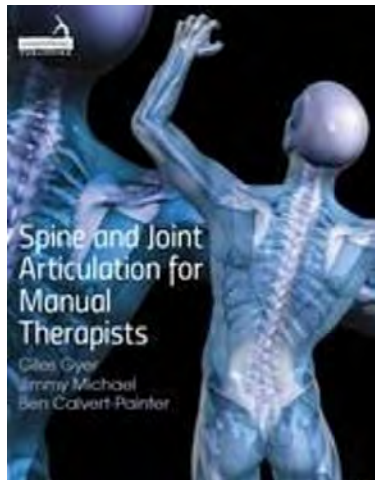
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**Fascial Stretch Therapy 2/e****By A. Frederick, C. Frederick**

The beautiful new edition of this highly successful book, written by Ann and Chris Frederick, directors of the Stretch to Win (R) Institute, is packed with theory and practice.

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 Release Date: October 2020  
**9781912085675**

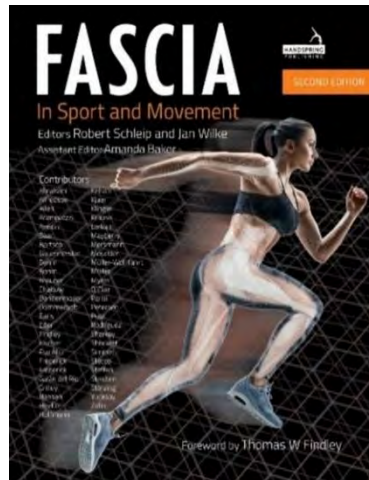
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**Spine and Joint Articulation for Manual Therapists****By G. Gyer, J. Michael**

The book focuses on the practical application of articulation and mobilisation techniques with clear explanations and visual support of the techniques.

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 245 X 190 mm  
 Release Date: December 2016  
**9781909141315**

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 308 pages  
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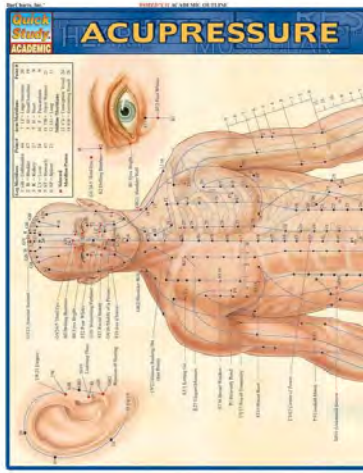
**Fascia in Sport and Movement, Second edition****By Robert Schleip Ph. D., Jan Wilke**

*Fascia in Sport and Movement, Second edition* is a multi-author book with contributions from 51 leading teachers and practitioners across the entire spectrum of bodywork and movement professions.

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 Release Date: June 2021  
**9781912085774**

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**Acupressure**

*By Vincent Perez*



Complete, labeled illustrations of acupressure points in the human body from pre-teen to pre-med, this 6-page laminated guide is loaded with beautifully illustrated diagrams, clearly and concisely labeled for easy identification.

**BARCHARTS PUBLISHING**

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**Acupressure - Point Functions**

*By Carmel McMinn*



Every channel/meridian and point is named in Chinese with translation to English. Actions as the expected positive effect of a point's manipulation are succinct yet clear.

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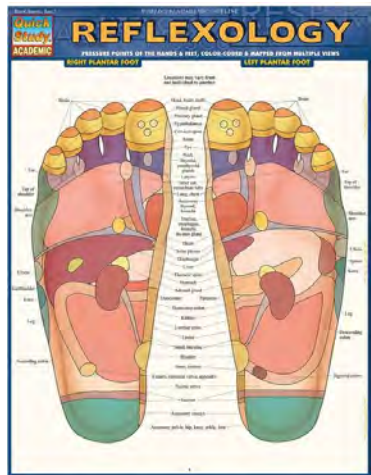
Release Date: March 2016

**9781423228547**

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**Reflexology**

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Zones associated with qi (chi or life force) used in the practice of Reflexology are mapped over anatomical illustrations of the surface anatomy of the hands, feet and ear to better locate the zone needed.

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**Reflexology - Point Functions**

*By Carmel McMinn*



Most complete guide of instructions for manipulation of points/zones you will ever find in 6 laminated pages. Organized by anatomical system and then by organ being affected, and what ailment the manipulation would address.

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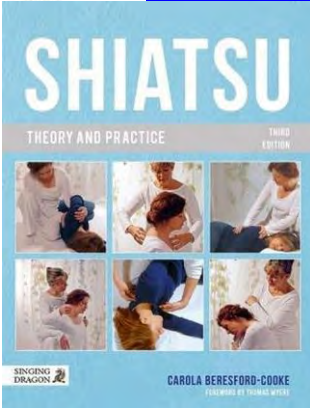
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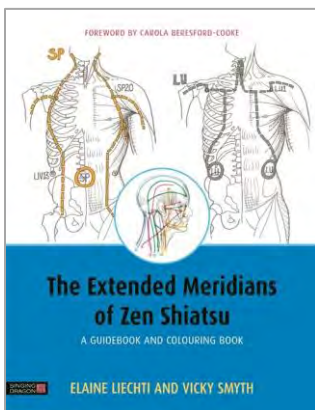


## Shiatsu Theory and Practice

**By Carola Beresford-Cooke**

Written by a well-known and highly respected author and practitioner within the field, *Shiatsu Theory and Practice* is a complete introduction to the theory and practice of Zen shiatsu, drawing in detail on the theoretical foundation of both Traditional Chinese Medicine and Five Phase theory as well as that of Zen. Beresford-Cooke explains the strands of theory in a way which makes their integration into practice clear and rational. She includes step-by-step descriptions of treatment routines and techniques, alongside case histories illustrating the application of theory to practice. The book features detailed descriptions and illustrations of meridians, point locations and functions, and these are shown together with salient underlying anatomy.

**JESSICA KINGSLEY PUBLISHERS**  
 Disc: ACAD & PROFESSIONAL  
 Paperback  
 244 X 188 mm  
 432 Pages  
 NOT ILLUSTRATED  
 Rel Date: September 2022  
**9781839975301**  
**AUD\$: 99.99**

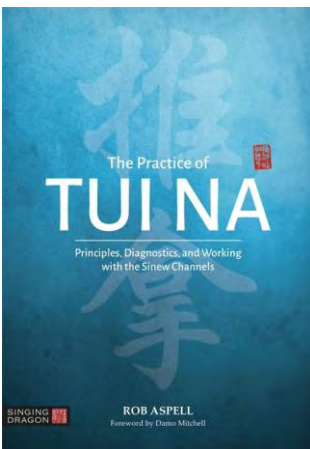


## Extended Meridians of Zen Shiatsu: A Guidebook and Colouring Book

**By Elaine Liechti, Vicky Smyth**

Struggling to locate and remember the extended meridians? This guidebook and colouring book allow you to colour and draw along the path of each meridian, supporting visual learning. An effective revision tool for students of Zen shiatsu, it includes 39 double-page spreads with anatomical meridian drawings and tips on locating the meridian and the points. Appropriate treatment positions are also covered, with photographs illustrating the positions for the arms and legs. There are blank anatomical drawings at the back of the book for you to freely colour and draw on to aid your understanding and memory of the extended meridians, which are notoriously tricky to locate and remember. Colour drawings showing the multiple meridians in relation to each other are included at the back of the book for reference.

**JESSICA KINGSLEY PUBLISHERS**  
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## Practice of Tui Na

**By Robert Aspell**

Tui Na is one of the 'Four Pillars' of Chinese medicine (alongside Acupuncture, herbal medicine and Qi Gong) and is a form of bodywork that includes acupressure, massage techniques, assisted stretching, and joint mobilisations or adjustments that are all based on the key medical principles and diagnostics of the Classics of Chinese medicine. This book is an accessible clinical handbook of Tui Na principles and practice. Tui Na can be used as much more than a musculoskeletal therapy, but in order to use it to its full potential as a medical intervention, it is essential to understand its uses on the Sineu channel system as opposed to the other channel systems commonly used within acupuncture.

**JESSICA KINGSLEY PUBLISHERS**  
 COMPLE'TARY MEDICINE  
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