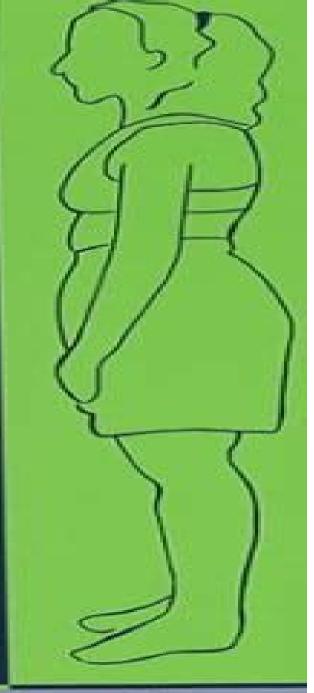
Aston Postural Assessment Workbook

Skills for Observing and Evaluating Body Patterns

Judith Aston, M.EA.



N Colangelo

Aston Postural Assessment Workbook Judith Aston, 1998 **Aston® Postural Assessment** Judith Aston, 2019-11-12 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 The book explains how to measure and assess posture and provides tools for doing so The author introduces her unique perspective on body mechanics Aston Mechanics a departure from the standard model of body posture and provides many opportunities to practice observation and analytical skills based on this paradigm Key features The author is widely recognized as a pioneer in the art and science of kinetics for her discovery of the Aston Paradigm and consequent development of the many forms of movement bodywork fitness and ergonomics of Aston Kinetics She created and developed Aston Kinetics as an educational system of movement and bodywork Rather than enforcing physical symmetry Aston Kinetics seeks to recognize the asymmetries that are natural to a person s body and to achieve the best movement possible Her acute ability to see the body in stillness and motion and to train others to see move and exercise established her discipline of bodywork and movement training that is known as Aston Kinetics The book is highly illustrated with over 300 photographs and 150 line drawings All the illustrations are new for this edition The Complete Guide to Postural Training Kesh Patel, 2015-08-27 The Complete Guide to Postural Training is the first book to take a systematic approach to improving posture from initial postural assessment to a programme of corrective exercise Poor posture results in pain and ill health for a considerable part of the population Only recently have people and personal trainers realised that improved posture can lead to enormous health and well being benefits Not to mention physical benefits the average person can add half an inch to their height 1 inch to their shoulder width and reduce their waistline by two thirds of an inch purely by improving posture This book is ideal for anyone who wishes to improve their posture particularly those who wish to see health and fitness benefits or improved sporting performance It will also prove invaluable to gym instructors and personal trainers who are dealing with increasing numbers of clients looking to improve posture and at present have no source of reference to work Aston Postural Assessment Workbook Judith Aston, 1998 The purpose of this step by step manual is to provide from physical therapists with an approach to evaluate adult clients for alignment dimension and compensation With this manual therapists will be treating the disorder rather than the symptoms There are several books on the market that address musculoskeletal dysfunction however the Aston Postural Assessment Workbook is different It offers a variety of treatment methodologies in one book and can be referred to as the one stop shopping workbook Aston® Postural Assessment Judith Aston, 2020-02-18 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 The book explains how to measure and assess posture and provides tools for doing so The author

introduces her unique perspective on body mechanics Aston Mechanics a departure from the standard model of body posture and provides many opportunities to practice observation and analytical skills based on this paradigm Key features The author is widely recognized as a pioneer in the art and science of kinetics for her discovery of the Aston Paradigm and consequent development of the many forms of movement bodywork fitness and ergonomics of Aston Kinetics She created and developed Aston Kinetics as an educational system of movement and bodywork Rather than enforcing physical symmetry Aston Kinetics seeks to recognize the asymmetries that are natural to a person s body and to achieve the best movement possible Her acute ability to see the body in stillness and motion and to train others to see move and exercise established her discipline of bodywork and movement training that is known as Aston Kinetics The book is highly illustrated with over 300 photographs and 150 line drawings All the illustrations are new for this edition Fascial Release for Structural Balance, Revised Edition Thomas Myers, James Earls, 2017-05-23 Unlock the power of fascial release the ultimate guide to structural balance and pain relief From the creator and bestselling author of Anatomy Trains Myofascial Meridians for Manual and Movement Therapists This thoroughly revised edition of the authoritative reference Fascial Release for Structural Balance brings the book up to date with all of the most current research on the role of fascia and myofascia in the body and how treatment affects it This edition takes advantage of more sophisticated testing to explore in greater detail the relationship between anatomical structure and function making it an even more essential guide Offering a detailed introduction to structural anatomy and fascial release therapy including postural analysis complete technique descriptions and the art of proper assessment of a patient through bodyreading the book features 150 color photographs that clearly demonstrate each technique The authors both respected bodywork professionals give any bodywork practitioner using manual therapy including physiotherapists osteopaths chiropractors myofascial and trigger point therapists and massage therapists the information they need to deliver effective treatments and create long lasting systemic change in clients shape and structure Fascia the soft tissue surrounding muscles bones and organs plays a crucial role in supporting the body By learning to intelligently manipulate it a bodyworker or therapist can help with many chronic conditions that their clients suffer from providing immediate pain relief as well as reducing the strains that may contribute to the patient's ongoing aches and pains leading to rapid effective and lasting pain relief James Earls and Thomas Meyers argue that approaching the fascia requires a different eye a different touch and tissue Fascial Release for Structural Balance James Earls, Thomas Myers, 2010 Fascial release for specific techniques structural balance is a fully illustrated introductory guide to structural anatomy and fascial release therapy Provided by Orthopaedic Manual Physical Therapy Christopher H. Wise, 2015-04-10 Take an eclectic evidence based publisher approach to orthopaedic manual therapy From theory through practical application of soft tissue and joint mobilization techniques this comprehensive resource delivers the depth and breadth of coverage you need to optimize patient outcomes through informed clinical decision making as part of a comprehensive intervention regimen **Fundamentals of**

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