



## Book information

**Authors:** Bernard C. Kolster

**Title:** Bindegewebsmassage

**Subtitle:** Treatment of Fasciae and Structures

**Short text:**

Connective tissue massage is a very effective and efficient method to target the fascia and the entire fascial system of the body. Connective tissue or fascia massage provides rapid and lasting relief for many functional diseases and pain conditions. In this book, in addition to the anatomical and physiologic basics, the individual techniques are explained in detail. Subsequently, the treatment options of connective tissue or fascia massage are described in detail for numerous ailments, including respiratory, cardiovascular, gastrointestinal, and gynecologic diseases as well as those of the musculoskeletal system. All the treatment steps of connective tissue or fascia massage are clearly explained with step-by-step instructions, with numerous illustrations and photographs.

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