



Handspring Publishing



Catalogue 2017 | 18



Welcome to the Handspring Publishing catalogue...

Handspring Publishing is:

a young, dynamic and fast growing publishing company based in Scotland. We are highly focussed on publishing for manual therapists, bodyworkers and movement teachers. Whatever your area of practice, we aim to help you serve your clients better, develop your teaching and achieve your professional goals.

Our books are:

- *accessible and practical – easily apply what you learn to your everyday practice*
- *research-based – understand the evidence for what you do*
- *written by leaders of your discipline – our authors are leading teachers and practitioners in their areas of expertise*

In the five years since our first books appeared we have become recognised as the leading publisher in the field, with a number of specialty-defining works to our name, and a reputation for unrivalled author- and customer-care.

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Contents

<i>A-Z Pocketbooks</i>	3
<i>Catalogue 2017</i>	5
<i>Catalogue 2018</i>	24
<i>How to order</i>	23
<i>Index</i>	31

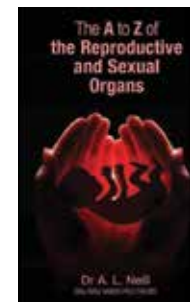
The A-Z Pocketbooks of Medicine*

Series Editor: **Dr Amanda Neill** BSc MSc MBS PhD FACBS Anatomist, Pathologist, Medical and Health Educator

17 titles, each 200-300 pages, Highly illustrated in full colour, Paperback and Spiral bound, 17cm x 11cm x 2cm, £17.95/\$24.95



- 16 subject based reference books dealing mainly with anatomy of various systems of the human body
- An ideal introduction to the subject for medical, nursing and healthcare students, including students of manual therapies, massage therapy, kinesiology, sports massage therapy, bodywork and movement teachers
- Full color illustrations on every page with numbered labels for easy recall and space to write notes, making them an ideal student aid that genuinely fits in your pocket!
- Spiral bound with a wrap around cover meaning you can lie them flat for study but also place on a shelf with the title still visible!



Titles in the Series

The A to Z of Surface Anatomy	(978-1-921930-17-1)
The A to Z of Peripheral Nerves	(978-1-921930-05-8)
The A to Z of the Skeletal Muscles	(978-1-921930-18-8)
The A to Z of Bones, Joints and Ligaments and the Back	(978-1-921930-19-5)
The A to Z of Hair, Nails & Skin	(978-1-921930-08-9)
The A to Z of Bone and Joint Failure	(978-1-921930-03-4)
The A to Z of the Heart	(978-1-921930-16-4)
The A to Z of the Digestive Tract	(978-1-921930-00-3)
The A to Z of Head and Neck: Bones and Muscles	(978-1-921930-12-6)
The A to Z of the Brain and Cranial Nerves	(978-1-921930-15-7)
The A to Z of Medical Terms	(978-1-921930-01-0)
The A to Z of Endocrinology	(978-1-921930-07-2)
The A to Z of the Major Organs	(978-1-921930-06-5)
The A to Z of the Reproductive and Sexual Organs	(978-1-921930-04-1)
The A to Z of Eyes	(978-1-921930-13-3)
The A to Z of Respiration	(978-1-921930-09-6)



Contents of each Pocketbook

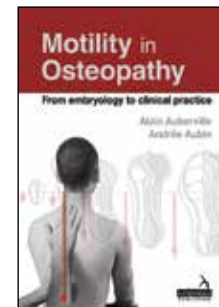
Introduction

Table of contents (Also acts as the Index)

Common Terms An illustrated glossary of the common terms used in the discipline which also briefly discusses a wide range of other areas in the discipline

Main Content This part of the book discusses the content and arranges it alphabetically. Generally, illustrations occupy at least one page with text on the other but here too there may be additional illustrations. No illustration has any writing but it may have labels which are explained in the text.

** The A-Z Pocketbooks of Medicine are available from Handspring Publishing in North America and Europe.*



Motility in Osteopathy

From embryology to clinical practice
 Alain Auberville and Andrée Aubin
 2017 Paperback 176 pages Highly illustrated
 \$37.50/£29.95 978-1-909141-66-7

Authors Alain Auberville and Andrée Aubin, both qualified physical therapists and osteopaths, present a simple and systemic definition of motility based on the movement of all the body's structures during embryogenesis.

Contents

Theoretical considerations / Embryology-based motility / Thoracic and Caudal plications / Nervous system / Psychoneuro-immune-endocrine system / Cardiopulmonary system / Digestive system / Urogenital System / Musculoskeletal system / Clinical intervention protocol for the motility model



Chronic Pain

A resource for effective manual therapy
 Philip Austin
 2017 Paperback 268 pages Highly illustrated
 \$42.95/£32.95 978-2-909141-51-3

Philip Austin, osteopath and PhD in Pain Medicine, provides the reader with a clear picture of our current understanding of pain mechanisms and shows how that knowledge should inform approaches to treatment.

The book incorporates

- an introduction to the concept of pain and its neurophysiological mechanisms
- a review and discussion of current and potential evidence-based evaluation methods
- a review and discussion of common types of functional pain disorders

Contents

Section 1 Basic pain mechanisms
Section 2 Epidemiology, psychology, evaluation and treatment
Section 3 Clinical presentations of chronic pain



Yoga: Fascia Anatomy and Movement

Joanne Avison

2015 Paperback 376 pages Highly illustrated
\$59.99/£42.50 978-1-909141-01-8

'The knowledge and experience that Joanne shares will give you new perspective on your work, and new skills to work with.'

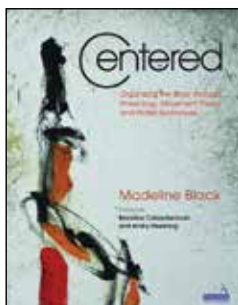
Linda d'Antal, Senior Yoga Teacher and Yoga Therapist, London

This beautifully illustrated book demonstrates how tissues are animated in three dimensions, helping you to deepen your

understanding of anatomy and apply fascial anatomy to yoga. It seeks to promote self-confidence and adaptability in individual students and reduce vulnerability to soft tissue injury.

Contents

- Part 1 Activating the intellectual mind: behind the new paradigm;
- Part 2 Animating the instinctive body: applying the new paradigm;
- Part 3 Illuminating intuitive awareness: integrating the new paradigm



Centered: Organizing the Body through Kinesiology, Movement Theory and Pilates Techniques

Madeline Black

2015 Paperback 360 pages Highly illustrated
\$49.95/£34.95 978-1-909141-15-5

Madeline Black defines a scope of practice – the integrative movement practitioner – and offers an interdisciplinary approach to physical training. She clearly describes the complex connections of the musculature, fascia and joints and their implications for movement re-education and healing.

'Madeline's book... is an amazing experience and exploration of qualitative movement, a must have for all who consider themselves movement practitioners. I believe it will become a classic tool for our profession.'

Brent Anderson, Founder, Polestar Pilates

Contents

- Part 1 Starting at the base: sole to spine Our base / Motion of the leg / Whole lower chain
- Part 2 Pivotal point: where the ribs meet the lower spine Trunk connection / Ribs inspired: the diaphragm as a breathing and postural model
- Part 3 Resilient shoulders to head Resilient shoulders / Weight bearing on the hands / Movement of the head and neck
- Part 4 The whole body conclusion Perception and felt sense



Mindful Relationships

Seven Skills for Success: Integrating the science of mind, body and brain

B Grace Bullock

2016 Paperback 208 pages Illustrated
\$29.50/£22.50 978-1-909141-70-4

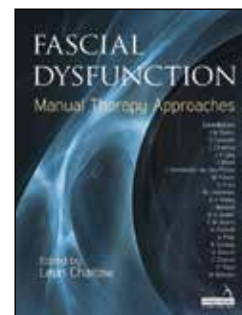
Using tools from yoga, Buddhist and mindfulness traditions to examine the cognitive and biopsychosocial impact of stress Dr Bullock introduces and explores the BREATHE model – an evidence-based approach designed to cultivate healthy, harmonious and resilient relationships, organizations and social systems.

'I love this book!... Dr Bullock provides all the information necessary to manage stress and lead a calm, loving and meaningful life with specific steps that anyone can follow...'

John Gottman PhD

Contents

- Part 1 Foundation Why relationships matter / Understanding stress / Why manage chronic stress? / The stories we tell: Why mindset matters / Mindfulness and the mind / Personal responsibility and social change
- Part 2 BREATHE The BREATHE Model / Breath awareness / Regulating the autonomic nervous system through intentional breathing / Experiencing emotion / Appraising and adjusting your mindset / Taking a purposeful pause / Humor: Life as practice / Engaging others mindfully / BREATHE in action / Exercises



Fascial Dysfunction: Manual Therapy Approaches

Edited by Leon Chaitow

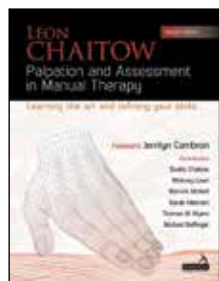
2014 Paperback 288 pages Highly illustrated
\$52.50/£37.50 978-1-909141-10-0

Leon Chaitow and a group of experts in different bodywork and manual therapies present approaches to fascial dysfunction which assess client dysfunction and its causes more precisely, in order to increase practitioner awareness of the various techniques which may help them to alleviate their clients' problems. Coverage includes Bowen technique, Myofascial Induction Therapy (MIT®),

Positional Release Techniques, Muscle Energy Techniques, Rolfing, Massage Therapy, Fascial Unwinding, Trigger Point Release Methods, Massage Therapy & more!

Contents

- Section 1 Fascial Foundations Chaitow
 - Section 2 Selected Fascial Modalities
- Authors include Baker, Casadei, Chaitow, Day, Dixon, Fernandez-de-las-Penas, Fourie, Fritz, Myers, Pilat, Schleip, A & C Stecco, Tozzi, Watson & more!



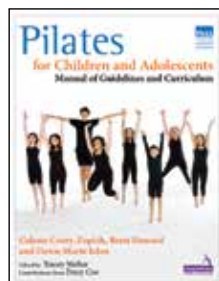
Palpation and Assessment in Manual Therapy, 4th Edition

Maintaining Function and Treating Dysfunction
Leon Chaitow
 2017 Paperback 342 pages Highly illustrated
 \$49.95/£39.95 978-1-909141-34-6

The latest edition of this well known book from a highly respected author will help manual therapy students and practitioners understand and acquire the palpatory skills which are essential for evaluating and deciding on appropriate treatment for musculoskeletal dysfunction.

Contents

Objective: Palpatory literacy *Chaitow* / Palpation reliability and validity *Seffinger* / Fundamentals of palpation *Chaitow* / Palpating and assessing the skin *Chaitow* / Palpating for changes in muscle structure *Chaitow* / Fascial palpation *Myers & Chaitow* / Assessment of abnormal mechanical tension in the nervous system *Chaitow* / Palpation and assessment of joints (including spine and pelvis) *Chaitow* / Accurately identifying musculoskeletal dysfunction *Lowe* / Evaluating movement *McNeill & Mottram* / Palpating for functional 'ease' *Chaitow* / Visceral palpation and respiratory function assessment *Chaitow* / Understanding and using intuitive faculties *Sasha Chaitow* / Subtle palpation *Chaitow* / Palpation and emotional states



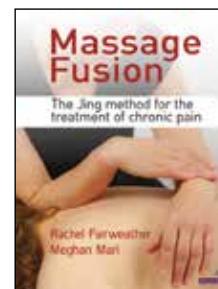
Pilates for Children and Adolescents
 Manual of Guidelines and Curriculum

Celeste Corey-Zopich, Brett Howard and Dawn-Marie Ickes
 2014 Paperback 232 pages Highly illustrated in full color
 \$49.95/£36.00 978-1-909141-12-4

Written under the auspices of the Pilates Method Alliance, this is the first comprehensive manual of guidelines and formal curriculum for teaching Pilates to young people. It includes crucial anatomical and cognitive development considerations for working with young people and explores safety considerations, exercise contraindications, scope of practice, and ethics.

Contents

Section One: Teaching Guidelines: Physiology and Development / Pilates and Young People's Well-Being / The Magic Window / Teaching Practice and Considerations / General Procedures, safety and professionalism
Section Two: The Exercise Chapters: Pre-Pilates Exercises / Pilates Exercises for Early Childhood, Ages 5–8 / Pilates Exercises for the 'Magic Window', Ages 9–13 / Pilates Exercises for Adolescents, Ages 12–18
Section Three: Curriculum: Curriculum for Schools



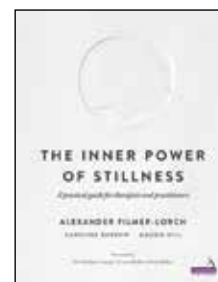
Massage Fusion

By *Rachel Fairweather and Meghan Mari*
 2015 Paperback 396 pages Highly illustrated
 \$49.95/£32.50 978-1-909141-23-0

Jing Massage is renowned for its education program for massage therapists. This practical and dynamic guide offers a step-by-step approach to gaining results with persistent client problems such as low back pain, neck pain, headaches, carpal tunnel syndrome, TMJ disorders, stress-related conditions and stubborn sporting injuries.

Contents

Massage fusion: The art and science of a multi-modal approach to massage therapy / Back to basics: The art of advanced massage / Working with emotions in bodywork / Chronic pain: Are the issues in the tissues or is the pain in the brain? / Clinical assessment / The warm-up act: The power of hot and cold in advanced clinical massage / Dedicated followers of fascia: The background and practice of fascial therapies / Trigger happy! The art and science of trigger point therapy / Meridian magic! Using meridians and acupressure points in massage / Stretching the truth: What the new evidence tells us about stretching / The importance of teaching self care / Low back pain protocol / Neck and shoulder pain protocol / Shoulder girdle pain protocol / Forearm and wrist pain protocol / Hip and pelvis pain protocol / Leg, knee and foot pain protocol / Temporomandibular joint pain protocol / Stress and chronic pain protocol



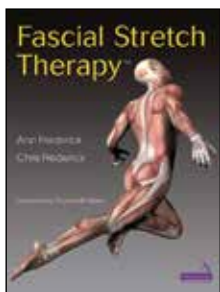
The Inner Power of Stillness

A practical guide for therapists and practitioners
Alexander Filmer-Lorch, Margaret Anne Gill and Caroline Barrow
 2016 Paperback 276 pages Illustrated
 \$39.00/£29.50 978-1-909141-33-9

This is a practical guide for people working with people. It seeks to illuminate the lost value of stillness for the health care, bodywork or movement practitioner and teacher, both as a person and a professional and includes innovative and practical exercises and techniques to develop and sustain true therapeutic presence, mindfulness and meditation practice.

Contents

Part I: The Lost Value of Stillness
Part II: Science of Cell and Tissue
Part III: The Insightful Self
Part IV: Working from the Insightful Self
Part V: The Practitioner's Toolkit
Part VI: Scope of Reach
Part VII: On a Philosophical Note



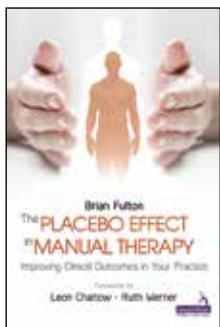
Fascial Stretch Therapy

Ann Frederick and Chris Frederick
 2014 Paperback 224 pages Highly illustrated in color
 \$49.95/£36.00 978-1-909141-08-7

From the directors of the Stretch to Win Institute based in Arizona, this highly illustrated manual for sports and exercise therapists and other bodyworkers shows how Fascial Stretch Therapy™ (FST™) assessment, treatment and training are used in a variety of common circumstances encountered in manual therapy and athletic training. It clearly shows how to integrate FST™ into the therapist's current practice, business or workplace to enhance what they already provide.

Contents

- Section 1** Chapter 1 The Great Debate about Stretching
 Chapter 2 Fascial Stretch Therapy Dissected
 Chapter 3 Comparisons and Contrasts
 Chapter 4 Assessment
- Section 2** Chapter 5 Lower Body Technique
 Chapter 6 Upper Body Technique



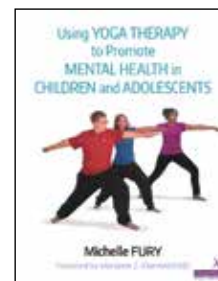
The Placebo Effect in Manual Therapy

Improving Clinical Outcomes in Your Practice
Brian Fulton
 2015 Paperback 296 pages Illustrated
 \$49.95/£37.50 978-1-909141-29-2

The author has drawn on hundreds of studies to provide an essential resource for all therapists who work on a one to one basis with their clients. He presents a knowledge-based approach to augmenting clients' own healing systems and explains how to maximize the placebo response, 'turn on' an individual's inner healing system, even with challenging patients, and improve health outcomes within current methods of practice.

Contents

- Part 1** Understanding the Placebo Effect
Part 2 Concepts and Application
Part 3 Perspectives on Healing



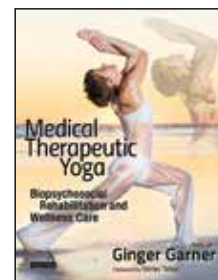
Using Yoga Therapy to Promote Mental Health in Children and Adolescents

Michelle Fury
 2015 Paperback 144 pages Highly illustrated
 \$34.95/£25.00 978-1-909141-19-3

Michelle Fury, Yoga Therapist at the Children's Hospital in Denver, Colorado, has compiled a framework of clinical yoga therapy practice for mental health problems that addresses the whole child, rather than solely their symptoms. She explores different developmental stages in the growth of children and adolescents and gives guidelines on how to adapt yoga practices for different age groups.

Contents

- Adaptations for developmental stages / Chronic pain / Emotion and behavioral regulation / Yoga therapy for symptoms of trauma / Eating disorders and body image issues / Suicidal ideation and non-suicidal self-injurious behaviours / Psychosis / Yoga therapy for sensory integration issues / Practice library



Medical Therapeutic Yoga

Biopsychosocial rehabilitation and wellness care
Ginger Garner
 2016 Paperback 392 pages Highly illustrated
 \$49.50/£37.50 978-1-909141-13-1

Medical therapeutic yoga (MTY) is a unique complementary and integrative medicine that utilizes both yoga and rehabilitative science. Working in partnership with yoga and yoga therapy, MTY is both a healthcare art and science which allows the health care professional

to use and apply yoga in a biopsychosocial model of assessment for any practice setting and patient or wellness population. This evidence based exploration from yoga therapist and physical therapist, Ginger Garner, provides the yoga instructor and yoga therapist with the knowledge base and opportunity to establish a healthy dialogue and partnership-based relationship with healthcare providers who practice medical therapeutic yoga.

Contents

- Precepts for Safe Yoga Posture Practice in Medicine / Using Algorithms in Medical Therapeutic Yoga / The Evidence Base / The Mechanical Foundations / Postural Biomechanics: Standing / Postural Biomechanics: Seated & Kneeling / Postural Biomechanics: Supine / Postural Biomechanics: Prone / Postural Biomechanics: Inversions / Putting It All Together: The Art of Yogic Medicine / Considerations for Medical Providers & Yoga Professionals / Virtual Toolkit Aids, Business Model Troubleshooting, Templates for MTY Practice, Glossary of Terms



Architecture of Human Living Fascia

The Extracellular Matrix and Cells Revealed Through Endoscopy

Jean-Claude Guimberteau and Colin Armstrong

2015 Hardback book with DVD and website 232 pages

Lavishly illustrated in full color

\$79.95/£59.95 978-1-909141-11-7

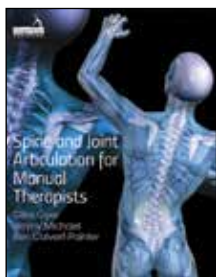
This beautifully illustrated book and DVD with a unique website link provides an introduction to Dr Guimberteau's ground-breaking work, illustrating the structure of the fascia in the living human being.

Dr Guimberteau's photographs and videos provide a detailed account of fascial architecture. The accompanying text explains what the photographs mean, clarifies the importance of the fascia, and sets out the implications of these findings for everyday therapeutic practice.

'I highly recommend this text...' Steve Dullard, OsteoLife, Journal of Osteopathy Australia

Contents

Introduction / Tissue continuity / Fibrillar continuity and form / Mobility and adaptability / The relationship between the cells and the fibrillar architecture / Spatial arrangement, tensegrity and fractalization / Adaptations and modifications of the multifibrillar network / Concept of connective tissue as the architectural constitutive tissue responsible for form



Spine and Joint Articulation for Manual Therapists

Giles Gyer, Jimmy Michael and Ben Calvert-Painter

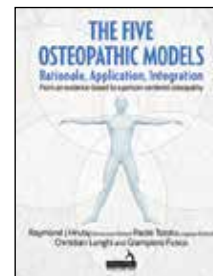
2016 Paperback 308 pages Highly illustrated

\$46.00/£34.95 978-1-909141-31-5

Between massage and manipulation lie spine and joint articulation techniques. This beautifully illustrated and very practical book is one of the very first to focus on this highly effective therapeutic modality. It includes coverage of current scientific research and theories and a vast array of treatment techniques. Techniques are illustrated and explained in detail for easy integration into therapeutic practice.

Contents

Introduction / History of Articulation, Mobilisation and Spinal Manipulation Techniques / Mechanisms of Action / Physiological Effect of Articulation on the Body / Differential Diagnosis for using Articulation and Mobilisation / Contraindications / Red Flags when using Articulation and Mobilisation Techniques / Therapists positioning, couch height, posture and stance / Joint movement, looking at flexion, extension, side bending and rotational techniques / Articulation and Mobilisation Techniques for... Cervical Spine... Cervical-Dorsal Junction... Shoulders and Elbows... Wrists and Hands... Thoracic Spine... Ribs... Lumbar Spine... Pelvis and SIJ... Hips... Knees... Ankles... Feet



The Five Osteopathic Models

Rationale, Application, Integration - from an Evidence-Based to a Person-Centered Osteopathy

Edited by Ray Hruby and Paolo Tozzi

Authors: Christian Lunghi and Giampiero Fusco

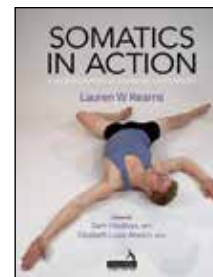
2017 Paperback 308 pages Highly illustrated

\$46.00/£34.95 978-1-909141-68-1

An essential manual for students and practising osteopaths to explore the principles, objectives, origins and application of the five osteopathic models - biomechanical, neurological, respiratory-circulatory, metabolic and behavioural - from traditional concepts to a modern vision based on evidence and critical thinking.

Contents

Section I Person-centered Osteopathic Medicine Introduction / Osteopathy: a practice based on tradition, research, critical thinking and art / Adaptive local response: Somatic dysfunction / General Adaptation Syndrome: biological fluids, involuntary rhythms and fascial compensation schemes **Section II** The Osteopathic Models Introduction / The biomechanical model / The neurological model / The respiratory-circulatory model / The metabolic-energetic model / The behavioral/biopsychosocial model / Selection and integration of models in osteopathic treatment and management / Index



Somatics in Action

A manual and physical conditioning tool for movers

Lauren Kearns

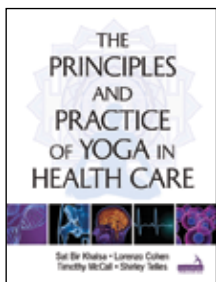
September 2017 Paperback 256 pages

\$39.95/£29.95 978-1-909141-64-3

Lauren Kearns describes a Pilates, yoga, and dance inspired movement system that helps movers achieve optimum strength, skeletal alignment, and body-mind engagement. This beautiful book provides thoughtful and nuanced explanation of the technique, detailed lesson plans and assignments which can be implemented immediately into a university or other curriculum and used in any somatic based class.

Contents

Chapter 1 Laying the Foundation Mindfulness and Movement / Imagery / Body Integration / Experiential Anatomy / Movement Educator Resources **Chapter 2** Somatics in Action: **Body Practices I** Brief History of Yoga / Asana and Pranayama Props / Pranayama / Asana / Restorative / Sequences / Movement Educator Resources **Chapter 3** Somatics in Action: **Body Practices II** Brief History of Pilates / Pilates Principles / Terminology / Pilates Props / Pelvic Clock / Pelvic Mat Exercises / Personal Explorations / Movement Educator Resources **Chapter 4** Somatics in Action: **Body Practices III** Somatics in Action / Class Structure / The Practice / Terminology / Floor Barre / Center Barre / Personal Sequences / Movement Educator Resources



The Principles and Practice of Yoga in Healthcare

Edited by Sat Bir Khalsa, Lorenzo Cohen, Timothy McCall and Shirley Telles

2016 Paperback 566 pages Highly Illustrated
\$65.00/£49.50 978-1-909141-20-9

A highly qualified international group of yoga teachers, yoga therapists and yoga researchers present the first textbook on scientific evidence based research into yoga therapy. Each section provides information on pathophysiology, an outline of current research and a summary

table of the research for each condition. Advice is given on how to interpret the research and the implications of its findings for practice in yoga therapy and in traditional healthcare settings.

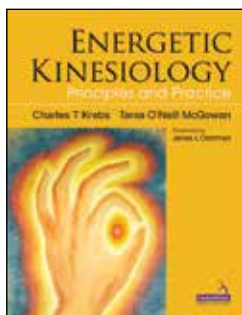
'This compendium is invaluable for the health professional who recommends and/or uses yoga as part of his/her practice. This book also belongs on the shelf of any yoga therapist.'

Rose Kress, LifeForce Yoga Newsletter

'For all the newly registered Yoga Australia yoga therapists I recommend this book as a must have in your resources.' Leanne Davis, President, Yoga Australia

Contents

Introduction to yoga and yoga therapy, Mental health conditions, Musculoskeletal and neurological conditions, Endocrine conditions, Cardiorespiratory conditions, Cancer, Special populations, Practical and future considerations



Energetic Kinesiology

Principles and Practice

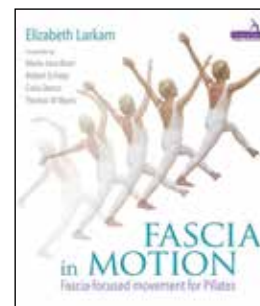
Charles Krebs and Tania McGowan

2013 372 pages Paperback
\$59.95/£42.95 978-1-909141-03-2

This book is a unique source of research and clinical knowledge on the history, techniques, and practice of Energetic Kinesiology which covers the underlying principles, the methods and scientific support for its efficacy. It also offers a unique history of Energetic Kinesiology based on the first-hand experience of Charles Krebs who knew most of the originators of Energetic Kinesiology techniques personally.

Contents

Section 1 Understanding kinesiology Section 2 The energetic structures of Man
Section 3 Understanding and applying muscle monitoring Section 4 Core kinesiology tools
Section 5 Client assessment Section 6 Set-up: information gathering
Section 7 Core correction techniques Section 8 Concluding sessions
Section 9 A model for energetic healing



Fascia in Motion

Fascia-focused movement for Pilates

Elizabeth Larkam

2017 Paperback 352 pages Highly illustrated in color
\$59.95, £45.00 978-1-909141-28-5

From renowned and much loved Pilates teacher, Elizabeth Larkam, *Fascia in Motion* is a comprehensive guide to fascia oriented training in original and contemporary Pilates mat, reformer, and studio applications. It is highly illustrated with a fully illustrated compendium of exercises and also includes supporting online

materials. It broadens the movement teacher's understanding of fascia and incorporates the latest research and its impact on training.

Contents

Section I: Theory and Practice

The neuromyofascial system, a whole-body organ of communication/Joseph H. Pilates: creator of movement, inventor of exercise apparatus/J. H. Pilates mat exercises, a fascia-focused movement perspective/Fascia-focused mat exercises/J. H. Pilates reformer exercises, a fascia-focused movement perspective/Fascia-focused reformer exercises/J. H. Pilates chair, trapeze table and barrels exercises, a fascia- focused movement perspective/Fascia-focused exercises for the chair and trapeze table/J. H. Pilates auxiliary equipment exercises and fascia-focused apparatus exercises

Section II: Specialized Applications

Posture adaptations to technological devices with screen interfaces, a fascia-focused movement perspective/Aging well, a fascia-focused movement perspective/Bone health, a fascia-focused movement perspective/Knee and hip resurfacing and replacement, a fascia-focused movement perspective/ Gait, a fascia-focused movement perspective

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✉ orders@booksource.net

Rest of World ☎ +44 141 642 9192

✉ orders@booksource.net



Fascia: What it is and why it matters

David Lesondak
2017 168 pages Paperback
\$29.95/£24.95 978-1-909141-55-1

‘For everyone interested in getting a better overview of the workings of fascia, this book will become your road map.’

Professor Andry Vleeming

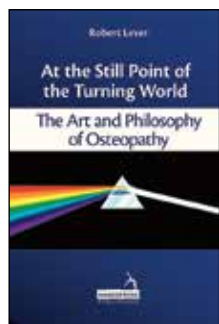
‘It’s what every student of mine needs!’

PJ O’Clair, Master Instructor Trainer, Merrithew

This beautiful, highly readable book gives the reader an understanding of fascia as a tissue, its role in the various systems of the body and its clinical significance. An essential introductory book for students across the full range of manual therapy, bodywork, movement and healthcare disciplines.

Contents

Fascia, the living tissue and system; Fascia in the cellular level; Fascia and anatomy; Fascia and the nervous system; Fascia and the brain; Fascia and the organs; Diagnosing fascial conditions; Fascia-oriented therapies



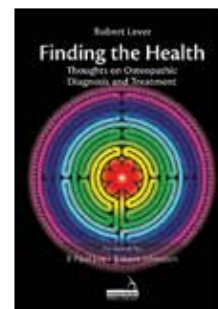
At the Still Point of the Turning World

The Art and Philosophy of Osteopathy
Robert Lever
2013 208 pages Hardback
\$49.95/£35.00 978-1-909141-05-6

Robert Lever, a highly regarded osteopathy practitioner and teacher with over 40 years’ experience examines the history and development of osteopathy and its place in modern healthcare, and describes the complex range of skills which combine to make osteopathy a unique and effective therapy.

Contents

Principles Osteopathy: an overview / The Vital quality of Motion / Holism and the osteopathic ‘lens’ / Reciprocity, Relationship, Spaces / From Mainstream to ‘Cranial’: continuum or quantum leap? **The Art of It** Subjectivity and ‘the dance’ / The Intelligent Fulcrum: palpation and thought on the move / The Healing...‘if it comes at all, it comes from within’ / Beyond Technique: meeting the lesion / Placebo and Ritual / R and D, Safety and the ‘Evidence’ myth **Philosophy and the Practitioner** The Human Spirit: adaptability, self-correction and survival / Divine Chaos: direction, meaning, mystery and the healing state / The exquisite nature of Paradox / Epilogue: tying it together: Spirit, humanity and the art of practice



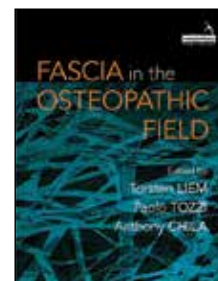
Finding the Health

Thoughts on Osteopathic Diagnosis and Treatment
Robert Lever
2016 128 pages Hardback
\$37.50/£24.95 978-1-909141-74-2

This companion volume to *At the Still Point of the Turning World* continues Robert Lever’s exploration of the art and philosophy of osteopathy, focusing on the application of concept, theory and, principle, encouraging the practitioner to ‘find the health’ rather than merely attempting to confront disease.

Contents

Finding the health and the holistic paradigm / The Diagnostic Framework / Focal points: less is more / Listening touch, projection and intention: reaching the Total Lesion / The Lesion: somatic dysfunction for osteopaths / Structure and patterns of unwellness: examples / Transcending technique / The Magic of Correction / ‘Classical’, ‘Cranial’What does it all mean? / As treatment unfolds / Stress and Trauma / Wider connections for both patient and practitioner / Prognosis: pathology versus dysfunction / The Practitioner Experience



Fascia in the Osteopathic Field

Edited by Torsten Liem, Paolo Tozzi and Anthony Chila
2017 Paperback 589 pages Highly illustrated
\$99.50/£75.00 978-1-909141-27-8

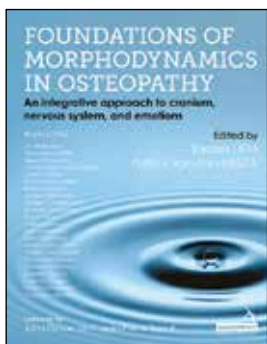
This definitive text and reference covers the history, nature and properties of fascia, as well as all aspects of osteopathic management of disorders that relate to/are mediated by the fascia. Leading authorities from an array of disciplines collaborate to deliver a book that will enable osteopaths and other manual therapists to understand the importance of fascia and its relevance to their work. Contributors represent an international Who’s Who in osteopathy.

Contents

Section 1 Fascial Concepts; **Section 2** Physiology and Functions of Fascia; **Section 3** Clinical Aspects of Fascia; **Section 4** Anatomy and Structure of Fascia - 4.1 Therapeutic Considerations; 4.2 Manual Techniques

Contributors

Beach, Beuckels, Bierbaum, Bongiorno, Brechtenbreiter, César, Chapelle, Chikly, Chila, Ciranna-Raab, Davidson, Day, Decker, Devine, Evans, Fossum, Gioja, Glover, Goldenstein, Gracovetsky, Guimberteau, Hamm, Harrer, Hartmann, Hodge, Hohenschurz-Schmidt, Huijing, Jänig, Kase, Klingler, Liem, Lunghi, Mannheim, Myers, Neuhuber, O’Connell, Paoletti, Pasini, Pilat, Puylaert, Schleip, Schröter, Shah, Stark, A Stecco, C Stecco, L Stecco, Thaker, Toscano - Jimenez, Tozzi, van den Berg, van den Heede, van der Wal, Vogt, Zanardi, Zavarella



Foundations of Morphodynamics in Osteopathy

An Integrative Approach to Cranium, Nervous System, and Emotions

Edited by *Torsten Liem and Patrick van den Heede*

2017 Hardback 720 pages Highly illustrated
\$110.00/£85.00 978-1-909141-24-7

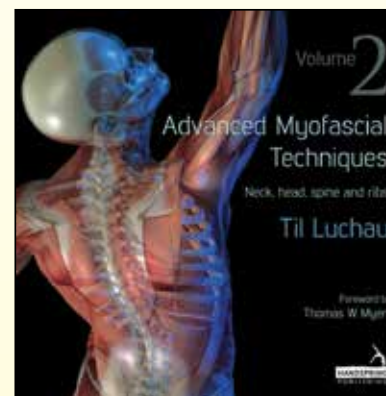
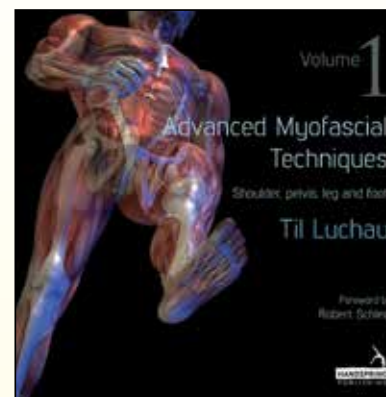
Covers the underlying principles of osteopathic palpation from a biodynamic and morphodynamic perspective and their application in the cranial and the spinal cord. Torsten Liem has gathered a highly qualified team of internationally acclaimed teachers and practitioners to bring their insight, principles and approaches to practice.

Contents

Paradigms of healing *Liem*; The osteopathic object – reloaded *Sommerfeld*; Biological rhythms *Moser & Liem*; Physical principles *Fischer* Neurobiological principles *Fischer*; The effect of formative and regulatory forces on living organisms *Liem*; Regulative forces in embryology *Liem*; Role of mechanical stresses in embryological development *Belousov*; Developmental patterns and adaptive organization of body functioning *van den Heede & Jäkel*; The incarnating embryo *van der Wal & van der Bie*; Prenatal and perinatal worlds of experience *Janus*; Evolution of the mind-body-spirit unit *McGovern & McGovern*; Touch as a therapeutic intervention *Lederman & Lederman*; What is health? What is disease? *Liem & Flatscher*; Somatic dysfunction and compensation *Liem, Patterson & Frühwein*; Thoughts on the significance of systems theory for osteopathic diagnosis and therapy *Sommerfeld*; The osteopathic experience of fulcrums and the emergence of stillness *Paulus*; Principles of diagnosis *Liem*; The practitioner and the therapeutic interaction *Liem*; Treatment principles *Liem*; Total rhythmic balanced interchange according to Becker *Liem*; Midline: development and introduction *Liem*; Hyoid bone and interior midline *van den Heede & Jäkel*; The fluid body *Liem*; Energy bodies *Liem*; Chakra system related to pre- and perinatal dynamics *Dowling*; Development of the cranium and an outline of the growth dynamics of cranial bones *Liem & Fessenmeyer*; Intraosseous techniques *Liem*; Developmental dynamic approaches to treating the head, dura, diaphragm, neck, and pharyngeal arches *Liem*; Development of the senses: a biodynamic perspective *Freeman*; Brain as a morphogenetic field *van den Heede & Goldenstein*; Osteopathic brain and spinal cord assessment *Chikly & Liem*; Treating the brain *Chikly & Liem*; Treating the spinal cord *Chikly & Liem*; Treating the autonomic and peripheral nervous systems *Chikly & Liem*; Developmental patterns and influence upon body organization *van den Heede & Liem*; Polyvagal theory: an introduction *Porges*; An osteopathic approach to the treatment of trauma and emotional integration *Liem*; Index



Two beautifully illustrated and highly informative manuals from Til Luchau...



'If you are looking for a book to enhance your myofascial release skills then I have no issues in recommending this text!' Tobias Bremer

'The layout is aesthetically very pleasing.'
Trevor Speller, MOst

These two beautiful visual and narrative guides to a selection of unique hands-on myofascial techniques will enhance the skills of any osteopath, massage therapist or other bodyworker. The techniques have been selected based on their relevance to the most common client complaints. Each chapter presents key considerations, anatomy overview, therapeutic goals, and cautions relevant to hands-on work. There are clear step-by-step instructions for every complaint, and in some cases a QR code which takes you to a video clip demonstrating the technique.

Til Luchau is a Certified Advanced Rolfer™ and lead instructor at Advanced-Trainings.com.

Advanced Myofascial Techniques Volume 1: Shoulder, pelvis, leg and foot

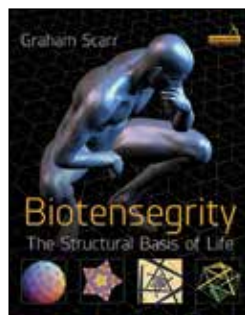
2015 Paperback 208 pages
Lavishly illustrated in full color
\$54.95/£39.50 978-1-909141-16-2

Contents Part 1 Essentials / Part 2 Lower Limb / Part 3 Pelvic Girdle / Part 4 Upper Limb

Advanced Myofascial Techniques Volume 2: Neck, head, spine and ribs

2016 Paperback 244 pages
Lavishly illustrated in full color
\$54.95/£39.50 978-1-909141-17-9

Contents Back pain / Breathing restrictions / Whiplash / Cervical issues / The TMJ / Headaches / Closure and sequencing



Biotensegrity

The Structural Basis of Life

Graham Scarr

2014 152 pages Paperback Illustrated

\$42.00/£29.95 978-1-909141-21-6

This book brings all aspects of tensegrity/biotensegrity together, from its discovery, the basic geometry, significance and anatomy to its assimilation into current biomechanical theory and provides an explanation of why biotensegrity forms part of the basic science that underpins clinical reasoning.

Contents

Tensegrity / Simple geometry in complex organisms / The balance of unseen forces / The problem with mechanics / The autonomous cell / The twist in the tale / The ease of motion / The hard and the soft / A closer look / 'Complex' patterns in biology / **Biotensegrity**: a rational approach to biomechanics / 12 **Biotensegrity**: the structural basis of life



Fascia in Sport and Movement

Edited by Robert Schleip;

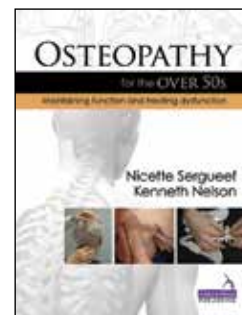
Assistant Editor Amanda Baker

2015 Paperback 276 pages

\$59.99/£45.00 978-1-909141-07-0

This multi-authored book describes the basis of fascia and how an understanding of this tensional network can assist in managing clinical problems. Section 1 covers the latest current research and theory to underpin practice. Section 2 covers clinical application in sport and movement in the following chapters:

Fascial Fitness (Schleip and Müller) / Fascial form in yoga (Avison) / Fascia oriented Pilates training (Larkam) / Training fascia in GYROTONIC methodology (Dennenmoser) / How to train fascia in dance (Simmel) / The secret of fascia in the martial arts (Petersen) / Elastic walking (Zorn) / Functional training methods for the runner's fascia (Kelsick) / Understanding mechano-adaptation of fascial tissues: Application to sports medicine (Rodeiguez and Rio) / How to train fascia in football coaching (Eder and Hoffmann) / Athletic Coaching (Mutch) / Plyometric training: Basic principles for competitive athletes and modern Ninja warriors (Heiduk) / Kettlebells and clubbells (Eddy) / Assessment technologies: From ultrasound and myometry to bio-impedance and motion sensors (Gordon, Frenzel and Schleip) / Palpation and functional assessment methods for fascia-related dysfunction (Chaitow)



Osteopathy for the Over 50s

Maintaining Function and Treating Dysfunction

Nicette Sergueef and Kenneth Nelson

2014 416 pages Hardback Illustrated

\$90.00/£70.00 978-1-909141-09-4

Covering multiple clinical areas, this unique manual explores somatic dysfunction and osteopathic manipulative treatment, providing an invaluable approach for practitioners of osteopathy and osteopathic medicine to treat individuals in this age group.

Contents

Osteopathy, fascia, fluid, and the primary respiratory mechanism / Osteopathic assessment / Treatment of the patient / Clinical considerations: Musculoskeletal dysfunctions; Postural imbalance; Cardiovascular dysfunctions; Respiratory dysfunctions; Gastrointestinal dysfunctions; Urogenital dysfunctions; Autonomic dysfunctions; Auditory and visual dysfunctions;



Traumatic Scar Tissue Management

Massage therapy principles, practice and protocols

Nancy Keeney Smith and Catherine Ryan

2016 Paperback 296 pages Well illustrated

\$59.95/£45.00 978-1-909141-22-3

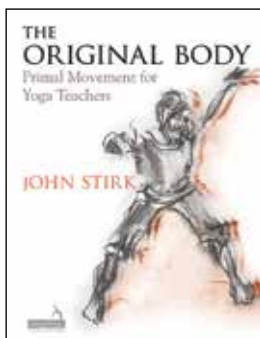
This practical manual tells the therapist what to do (and what not to do) in the management of patients with traumatic scars. An in-depth guide for all members of the integrated healthcare team.

'a welcome guide to the treatment of the physical and psychological aspects of trauma-induced scarring...'

Hubert van Griensven, International Journal of Osteopathic Medicine, April 2016

Contents

Glossary and key concepts / Introduction / Skin and fascia / The lymphatic system / Neurology / Wound healing and scars / Burns, mastectomies and other traumatic scars / Trauma / Communication and the therapeutic relationship / Assessment and treatment / Comparison of before and after treatment / Client and therapist self-care / Appendix: Massage therapy research resources / Index



The Original Body

Primal Movement for Yoga Teachers

John Stirk

2015 Paperback 224 pages Illustrated

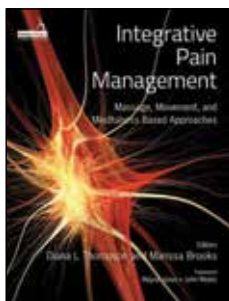
\$39.95/£25.00 978-1-909141-25-4

John Stirk introduces a primal movement experience and explains the rationale behind it, in order to enable yoga teachers to practice from a place of deep strength and soft power.

'... a seminal text that (will) reshape yoga practice for the better, helping it to return to its origins, prior to lineage, branding or faddism.' Leigh Blashki, Past President, Yoga Australia

Contents

The Original Body / Reduction / Unfolding from the Ground / Tension: The First Feeling / Common Denominators / Integration, Expression and Feeling / Exploratory Tools / Impediments to Feeling Deeply / Doors / Breathing: The Ultimate Tool / The Skeletal Experience / The Soft Tissue Experience / The Fluid Experience / The Energy Experience / The Original Spine / Your Research / An Original Self? What Lies Beneath / A Body of Love / Behaviour / Beyond Practice / Communication



Integrative Pain Management

Edited by Diana L Thompson and Marissa Brooks

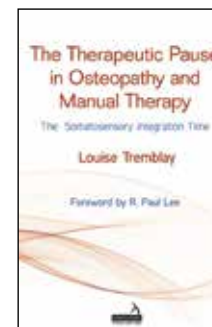
2016 Paperback 310 pages Highly illustrated

\$59.50/£39.50 978-1-909141-26-1

A guide to evidence-informed practice for any member of the integrated healthcare team who has a pain patient, including biomedical/allopathic and complementary practitioners. It provides an overview of pain mechanisms and will educate the reader in a range of massage, movement and mindfulness approaches to pain management.

Contents

Overview of integrative healthcare and pain *Bonnie B. O'Conner* / Anatomy and neurobiology of pain *Ruth Werner and Geoffrey M. Bove* / Pain theory and models for treatment *Bronwyn Lennox Thompson* / Massage therapy: general *Susan Davis* / Massage therapy: lymphatic techniques *Lisa Santoro* / Massage therapy: scars and pain *Nancy Keeney-Smith* / Structural bodywork and fascial balancing *Lauren Christman and Richard Polishuk* / Osteopathic techniques *Matthew Stewart* / Functional taping *John Balletto* / Traditional Chinese medicine bodywork: Tui Na *Benjamin Apichai* / Interactive movement practices: The Feldenkrais Method® *Nancy Haller and Patricia Buchanan* / Interactive movement practices: Trager *Jack Blackburn* / Yoga therapy *Neil Pearson* / Tai Chi/Qi Gong *Chenchen Wang and Ramel Rones* / Mindfulness-based interventions *Carolyn McManus* / Body awareness and pain *Cynthia J. Price and Wolf Mehling* / Pathways to integrative clinical care *Marissa Brooks and Diana L. Thompson*



The Therapeutic Pause in Osteopathy and Manual Therapy

The Somatosensory Integration Time

Louise Tremblay

2015 Paperback 144 pages Illustrated

\$34.95/£26.50 978-1-909141-36-0

Helping the therapist understand the physiological principles underlying the pause between touch or manipulation and the sensory stimuli reaching the higher brain centres, in order to maximise the effectiveness of the therapeutic touch.

Contents

Speaking the language of the body / Allostasis and limbic touch to maintain homeostasis / Integration time in osteopathy / Integration time in other manual therapies / Conceptual analysis / Conclusion / Appendices

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The Practical Guide to Business for Health and Wellness Practitioners

Kelly Bowers
 April 2018 Paperback 248 pages
 Highly illustrated
 \$34.95/£29.00 978-1-909141-88-9

A concise but thorough guide to help therapists grow and nurture their business. Kelly Bowers' background as a technical writer enables her to explain complicated business concepts in this practical and insightful book for people who love what they do but who find they also have to be competent at business!

Contents
 Introduction / Claim your inner business owner / Designing your business / Business plans demystified / Bookkeeping, deductions and taxes / Making money / Health / Working for others / Financing (using other people's money) / Business ethics

Fascial Manipulation: Stecco method - from the practitioner's perspective

Julie Ann Day
 August 2018 Paperback 220 pages
 Highly illustrated in color
 \$47.50/£37.50 978-1-912085-01-9

Fascial Manipulation® is a manual method for fascial system dysfunctions that has been developed by physiotherapist Luigi Stecco. This book highlights the impact that this approach has had on modifying the clinical practice of an international group of highly experienced practitioners within different disciplines, such as physiotherapy, osteopathy, chiropractic and massage therapy.

Manual Therapy for Temporomandibular Pain

César Fernández-de-las-Peñas
 April 2018 Paperback 350 pages
 Highly illustrated
 \$60.00/£42.50 978-1-909141-80-3

An authoritative and comprehensive account of the assessment and conservative management of temporomandibular disorders. With contributions from a mix of 28 internationally-based clinicians and clinician-researchers the book highlights current best evidence and clinicians' expertise and experience. Contributors include: Brian Cairns, Susan Armijo-Olivo, Cristina Lozano, Abra Michelotte, Richard Ohrback, Andrzej Pilat, Laurent Pitance, Peter Svensson and more.

Contents
Part I Introduction to temporomandibular disorders
Part II Examination for temporomandibular disorders
Part III Manual therapy for temporomandibular disorders
Part IV Other interventions for temporomandibular disorders

Movement, Imagery and Touch for the Fascia

Eric Franklin
 October 2018 Paperback 256 pages
 Highly illustrated in color
 \$40.00/£35.00 978-1-909141-82-7

This ground-breaking book gives a brief introduction to the science of fascia, reflecting the most recent fascia research. Its main purpose is to enable the therapist to visualise and embody the fascia in a new way and with many new exercises and movement forms.

Contents
 (Section headings) Introduction / Feel better now with fascia movement, imagery and touch: 5 exercises to release your lower back and improve posture / Basic principles of healthy, efficient movement / The science and practice of mental imagery techniques for movement / The top 10 embodiments for fascia and muscle / Imagery and exercises for the superficial fascia / Imagery and exercises for: the fascia of the shoulder... the brachial fascia... the fascia of the neck and head... the abdominal fascia... the thoracolumbar fascia... the pelvis and thigh... the leg, ankle and foot / Releasing and balancing fascia with rolling balls / Bands and fascia / Examples of applications in yoga, dance, Pilates and sports

Seeking Symmetry
 A better path to health
Niall Galloway
 June 2018 Paperback 224 pages
 Illustrated
 \$35.00/£30.00 978-1-912085-11-8

The scope of *Seeking Symmetry* is expansive and interdisciplinary. Using art and story to reach beyond medicine and human anatomy into evolutionary biology, agriculture, and food science, the book illustrates the basic principles, structures, and processes that decide how bodies function. Its core purpose is to present this knowledge through a lens that makes the information meaningful, by modelling the habit of symmetry-seeking.

Contents
Part One: Symmetries in the human body - Human architecture: harmonics and proportion / Heads over tails: mermaids and evolution / The whole body, with its hidden symmetries

Part Two: Contemporary mismatches with our ancient design - Hormones, the common currency across species / Pharmaceutical agents and their indiscriminate actions / Foods that fuel the fire: the impact of diet
Part Three: Institutional systems and personal choices - Changes in farming and consequences for health / A medical industry outpaced by the food industry / Using our heads: how symmetry informs personal choices / Conclusion

Breathing: The Bridge to Embodiment

Bill Harvey
 March 2018 Paperback 192 pages
 Highly illustrated
 \$40.00/£25.00 978-1-909141-86-5

Covers the three pathways of awareness, characterized as the Breathing Bodymap of the Fingers, the Breathing Interrelationships of our Functional Diaphragms, and Skin Breathing, or bringing blood to our capillary beds in precise locations throughout the body. Also includes links to voice recordings of three meditations on the three pathways, as well as a video on breathing and the autonomic nervous system.

Contents
 Introduction / Breathing: The Bridge to Embodiment / Breathing Bodymaps and Breathing / Breathing Specifics for the Diaphragm / Breathing and Self-Regulation / Skin Breathing, Organ Breathing and Interoception / Breathing and Self-Care

Moved to Teach

The Practice and Pursuit of Excellence for Embodiment Teachers

Andrea Juhan and Joanne Winstanley

July 2018 Paperback 200 pages

Illustrated

\$40.00/£25.00 978-1-909141-53-7

A supportive and engaging exploration of issues faced by new teachers starting their career, and also issues faced by experienced teachers who are looking for ways to develop and deepen as a teacher of an embodied practice.

Contents

Embodiment / Whole Being / Meeting Excellence / Practicing Excellence / Development: Cycles and Areas / Ego and Personality / Getting out of the Way / Teaching Styles – Putting it all to work / Understanding the role of Teacher / Teacher-Student Relationship and Dynamics / Relationship between Teacher and Group / Teacher Role in Community / Self-care and Sustainability / Appendix

Freedom to Move

The art and science of tailoring movement therapy for spinal pain and injuries

Josephine Key

September 2018 Paperback 288 pages

Illustrated

\$50.00/£38.00 978-1-909141-92-6

Examines the relationship between healthy torso structure and functional control and between the nervous, muscular and fascial systems in providing joint protection, support and control. In particular the author focuses upon the distilled basic movements that underpin healthy movement – the Key Axial Fundamental Patterns of control – offering an informed, reasoned, practical therapeutic

exercise/movement approach aimed at directly redressing the common deficits and functional movement faults found in people with spinal dysfunction.

Contents

Section 1 Laying the groundwork for an enhanced understanding of the spine in health and disease
Section 2 Getting to work on re-building enhanced spinal movement control for improved wellbeing

Mobilizing the Myofascial System

A clinical guide to assessment and treatment of myofascial dysfunctions

Doreen Killens

July 2018 Paperback 304 pages

Highly illustrated in color

\$59.95/£39.95 978-1-909141-90-2

Presents a practical approach to the examination, assessment and treatment of the articular, muscular and neural systems that follows the principles of assessment and treatment of the fascial lines as described by Myers in *Anatomy Trains*.

Contents

Who am I? Why this approach to treatment? A historical review of Fascial approaches to treatment thus far / Brief review of Tom Myer's Anatomy Trains fascial lines / Diagnosing Fascial Dysfunctions / Basic Principles of Treatment / Abbreviations / The Cervical spine / The Cranio-facial region (cranium, TMJ) / Dural Mobility / The Thorax / The Lumbar / pelvic region / The Pelvic floor / The Lower Extremity / The Shoulder Girdle / The Upper Extremity / Exercises to maintain Fascial mobility / Balancing left and right brain thinking

Lymphatic Integrative Therapy

Integrating treatment of the lymph, fascia and nervous system

Diana Kincaid

September 2018 Paperback 250 pages

Highly illustrated in color

\$59.95/£42.50 978-1-909141-78-0

The current renaissance of scientific research on the lymphatic system has expanded our understanding of its role in health and disease. This comprehensive and practical book provides detailed, evidence-based information for bodyworkers and manual therapists working with clients suffering from lymphedema and other lymphatic disorders.

Contents

Introduction / Integrative treatment of the lymphatic system / Anatomy and physiology of the lymphatic system / Integration with fascial and nervous systems / Technique principles / Regional Treatments / Systemic Treatment of the Lymphatics / Clinical Applications: Working with Medical Professionals / Conclusion

Spiral Bound

Tensegrity for Yoga

Karen Kirkness

Aug 2018 Paperback 224 pages

Highly illustrated in color

\$40.00/£30.00 978-1-912085-03-3

A highly illustrated anatomy book for yoga practitioners and movement teachers which addresses the biotensegrity concepts relevant to yoga practitioners on a practical level, in particular the helical tendencies of tissues, and in a straightforward and visually engaging format.

Contents

Biotensegrity / The extracellular matrix / Nature designs spirals / The Helical Matrix / The spirals at play in yoga / Teaching from the centre / Shape-shifting

The Thorax

Diane Lee

November 2018 Paperback 280 pages

Highly illustrated

\$79.95/£64.50 978-1-912085-05-7

Richly illustrated with 3D-rendered colour anatomical drawings, and over 250 clinical photographs, this will be the definitive manual on the thorax for all bodyworkers helping patients improve mobility and control of the trunk.

Contents

Anatomy of the thorax / Biomechanics - the foundation for posture and movement analysis and training / Principles of integrated approaches / Assessment of the thorax / Principles of an integrated approach to treatment / Specific treatment techniques for releasing the driver according to primary system impairment / Training better strategies for posture and movement / The Future / References

Everything Moves:

How biotensegrity informs human movement

Susan Lowell de Solórzano

April 2018 Paperback 200 pages

Highly illustrated in color

\$46.00/£35.00 978-1-909141-96-4

The author shares her understanding of biotensegrity as developed over years of direct study with the concept's originator, Stephen M. Levin, MD, and makes biotensegrity accessible through experiential activities and exercises

Contents

Part I: Structure in a world of forces / Floating bones / Tensility: the positive side of tension and stress / The Pregnant Icosahedron / The Effortless, Elegant Efficiency of Triangles:

Compression and tension / We are Helical / We are fractal / Soft matter
Part II: Movement / Moving through Time: Continuums / We Oscillate / We Self-Assemble / We are Auxetic / We are Shape Shifters / Systems / Conclusions

Towards a Nervous-System Informed, Trauma-Sensitive Yoga

Joann Lutz
 December 2018 Paperback 192 pages
 Illustrated
 \$40.00/£29.95 978-1-912085-07-1

Integrates elements from the nervous system and yoga, organized around the 8 stages of classic yoga practice, with a section on the author's personal experience and a summary of experiential exercises at the end of each chapter.

Contents
 Bringing the body into psychological / What is yoga? / Towards a nervous-system informed, trauma-sensitive hatha yoga / Yoga, trauma and somatic psychotherapy / The healing power of the breath / Bringing yoga into somatic psychotherapy and somatic psychotherapy into yoga / Varieties of yoga nidra, the yogic sleep / We are not our thoughts: meditation and healing / Conclusion

Spinal Asymetry and Scoliosis

Movement and function solutions for the spine, ribcage, and pelvis
Suzanne Clements Martin
 March 2018 Paperback 224 pages
 Highly illustrated
 \$39.95/£27.50 978-1-909141-72-8

Helping Pilates instructors who want to move beyond basic certification to work safely and effectively with those who have structural and functional asymmetries, this

book provides a theoretical framework and specific, progressive exercises to enhance therapeutic outcomes for individuals with asymmetries of the spine, ribcage and pelvis associated with conditions such as scoliosis.

Contents
 Preface / Introduction / The Scoliosis Team / Being an Influence: how Pilates instructors have a special place in scoliosis care / Looking at the causes of Scoliosis / Learning from the medical field: classifications, diagnosis / Chief concepts A framework of reference / Assessments: Identifying the Pattern / Laying the Foundation: Initial Education, Organization, Coordination / Breaking Up the Pattern: Motion is Lotion / Re-directing the Pattern / Correcting the Pattern / Programming for the Individual

Yoga for Mental Health Conditions

Heather Mason and Kelly Birch
 April 2018 Paperback 192 pages
 Illustrated
 \$40.00/£25.00 978-1-909141-35-3

A guide to how and why yoga therapy can be used as an adjunct treatment in mental health, this book serves as a reference and a bridge between yoga therapy and healthcare, adding to the process of growing integration.

Contents
 Historical evolution of yoga and mental health / An overview of physiological and psychological mechanisms underpinning yoga's efficacy / Anxiety disorders / Depressive/mood disorders / ADHD / Eating Disorders / Addictions / Child mental health / Insomnia / Overview and future directions

Yoga Biomechanics

Jules Mitchell
 July 2018 Paperback 272 pages
 Highly illustrated
 \$49.95/£32.00 978-1-909141-61-2

Provides a clear and accessible understanding of biomechanics by highlighting useful, evidence-based applications and examples of yoga and stretching in order to empower teachers to make smart choices for teaching a variety of populations in both private and group class settings.

Contents
 Introduction / Bodies In Motion / Stretching and Flexibility / Stretching Myths vs Facts / Biomechanics / Connective Tissue / Connective Tissue Mechanics / Viscoelasticity / Tensegrity / Muscle Physiology / Neural Considerations / Respiratory Contributions / Stretching Redefined / Conclusion

Animal Osteopathy: A Comprehensive Guide to the Osteopathic Treatment of Animals and Birds

Anthony Nevin, Christopher Colles and Paolo Tozzi
 June 2018 Paperback 376 pages
 Highly illustrated in color
 \$195.00/£120 978-1-909141-30-8

A comprehensive reference textbook for all those using osteopathic treatment techniques with animals or birds, or studying to do so. Includes sections on health and safety around different species; working within the law; integrating with allied professions; anatomy; physiology and pathophysiology; neurology; orthopaedics; differential diagnosis; differential aetiology of presenting conditions when compared to the

human model; supportive husbandry and rehabilitation methods.

Contents
 Preface / Contributors' List / An introduction to working in Animal Practice / The Dog / The Cat / Small Furrries (Rabbit, Chinchilla, Guinea Pig) / The Horse/Pony / Standard and Exotic Livestock (Cow, Pig and Sheep as well as Alpaca and Kuni Kuni) / Reptiles (snake, lizard and tortoise) / Birds / Small Wildlife and Exotics (basic wildlife species including the hedgehog) / Mega Fauna (Asian and African Elephant, Rhinoceros, Giraffe, Big Cats, Wolves, Great Apes) / Index

Myofascial Induction

Andrzej Pilat
 April 2018 Paperback 400 pages
 Highly illustrated in color
 \$125.00/£80.00 978-1-909141-32-2

Explains and illustrates fascial anatomy and relates it specifically to manual therapy techniques by demonstrating what effect the therapy techniques have on the body structures. The text is supported by over 500 high quality full color photographs and nearly 200 line drawings. In addition to the highly illustrated text there is a DVD containing video clips demonstrating the application of the techniques on dissections of fresh cadavers, showing how the tissues move in response to manipulation.

Contents
Part I: Theoretical aspects – Introduction / Definition of Fascia / Anatomy of the Fascial System / Histology of the Fascial System / Biomechanical Considerations Related to the Fascial System / Dysfunctions of the Myofascial System / Embryology and the Fascial System / The Neurodynamics of Fascia / Assessment of the Fascial System /

Objectives of Myofascial Induction Therapy / Validation of Myofascial Induction Therapy
Part II: Practical Applications of Myofascial Induction Therapy / Theoretical aspects of the treatment of the Myofascial Dysfunction Syndrome / Application of basic techniques / Specific treatments for Myofascial Dysfunction: Face and head... Upper Quadrant... Lower Quadrant / Conclusions

Embody the Skeleton

A guide for conscious movement

Mark Taylor

September 2018 Paperback 176 pages

Highly illustrated

\$30.00/£25.00 978-1-912085-09-5

For dance and other movement teachers, this book supports the personal process of embodiment and healing through movement awareness. It guides the professional in the teaching of movement from a somatic perspective and will enrich the skills of professionals who work hands on with patients' and clients' skeletal system.

Contents

Introduction / The Skeleton in Context of Body Systems and Movement / The Basics (of Bone) / Skeletal Principles in Movement, Touch, and Vibration / The Lower Extremities / Skeletal Integration: Foot to Pelvis / The Upper Extremities

Manual of Clinical Assessment for Massage Therapists

David Zulak

March 2018 Paperback 440 pages

Highly illustrated

\$70.00/£49.95 978-1-909141-37-7

The author brings together a range of examination and assessment techniques otherwise only found in a variety of different places and presents them in a way relevant to massage therapists. Massage Therapy students will find the book invaluable as they learn about these techniques, how and when to use them. Experienced massage therapists will use it to enhance, update and extend skills in this key area for effective therapy.

Contents

Introduction / Ankle and Foot / Knee / Hip and Innominate bone / Comprehensive Examination of the Spine / Sacroiliac Joint and Pelvis / Lumbar Spine / Thoracic Spine and Ribs / Cervical Spine / Thoracic Outlet / Shoulder / Elbow / Wrist and Hand / References



Anatomy, Biology, Biophysics

A-Z Pocketbooks of Anatomy..... 3-4
 Avison: Yoga:Fascia, Anatomy & Movement.....6
 Galloway: Seeking Symmetry.....25
 Guimberteau: Architecture of Human.....12
 Living Fascia
 Lowell: Everything Moves.....27
 Scarr: Biotensegrity.....20

Dance, Somatics and Movement

Kearns: Somatics in Action.....13
 Franklin: Movement, Imagery & Touch.....24
 Harvey: Breathing.....25
 Juhan: Moved to Teach.....26
 Key: Freedom to Move.....26
 Larkam: Fascia in Motion.....15
 Lowell: Everything Moves.....27
 Taylor: Embody the Skeleton.....30

Fascia

Avison: Yoga:Fascia, Anatomy & Movement.....6
 Chaitow: Fascial Dysfunction.....7
 Day: Fascial Manipulation.....24
 Franklin: Movement, Imagery & Touch.....24
 Guimberteau: Architecture of Human.....12
 Living Fascia
 Larkam: Fascia in Motion.....15
 Lesondak: Fascia: What it is & why it matters.....16
 Liem et al: Fascia in the Osteopathic Field.....18
 Scarr: Biotensegrity.....20
 Schleip: Fascia in Sport and Movement.....20

Massage Therapy

Bowers: Practical Guide to Business.....24
 Chaitow: Fascial Dysfunction.....7
 Fairweather/Mari: Massage Fusion.....9
 Kincaid: Lymphatic Integrative Therapy.....27
 Luchau: Advanced Myofascial Techniques (1).....19
 Luchau: Advanced Myofascial Techniques (2).....19
 Smith/Ryan: Traumatic Scar Tissue Management.....21
 Thompson/Brooks: Integrative Pain Management.....22
 Zulak: Manual of Clinical Assessment for Massage Therapists.....30

Mind-Body Medicine

Bullock: Mindful Relationships.....7
 Filmer-Lorch: The Inner Power of Stillness.....9
 Fulton: The Placebo Effect in Manual Therapy.....10
 Krebs: Energetic Kinesiology.....14

Osteopathy

Auberville: Motility in Osteopathy.....5
 Austin: Chronic Pain.....5
 Chaitow: Fascial Dysfunction.....7
 Gyer et al: Spine and Joint Articulation.....12
 Hraby: The Five Osteopathic Models.....13
 Lever: At the Still Point.....16
 Lever: Finding the Health.....17
 Liem et al: Fascia in the Osteopathic Field.....17
 Liem & van den Heede: Foundations.....18
 Nevin et al: Animal Osteopathy.....29
 Sergueef: Osteopathy for the Over 50s.....21
 Tremblay: The Therapeutic Pause.....23

Pilates

Black: Centered.....6
 Corey-Zopich: Pilates for Children & Adolescents.....8
 Larkam: Fascia in Motion.....15
 Martin: Spinal Asymmetry and Scoliosis.....28

Physical Therapy

Chaitow: Fascial Dysfunction.....7
 Day: Fascial Manipulation.....24
 Fernandez: Manual Therapy for.....24
 Temporomandibular Pain
 Killens: Mobilizing the Myofascial System.....26
 Lee: The Thorax.....27
 Pilat: Myofascial Inducation.....29

Sport and Fitness

Frederick: Fascial Stretch Therapy.....10
 Schleip: Fascia in Sport and Movement.....20

Yoga

Avison: Yoga:Fascia, Anatomy & Movement.....6
 Bullock: Mindful Relationships.....7
 Filmer-Lorch: The Inner Power of Stillness.....9
 Fury: Using Yoga Therapy to improve Mental Health in Children & Adolescents.....11
 Garner: Medical Therapeutic Yoga.....11
 Key: Freedom to Move.....26
 Khalsa: The P&P of Yoga in Healthcare.....14
 Kirkness: Spiral Bound.....27
 Lutz: Towards a Nervous System Informed, Trauma-sensitive Yoga..... 28
 Mason & Birch: Yoga for Mental Health Conditions.....28
 Mitchell: Yoga Biomechanics.....29
 Stirk: The Original Body.....22



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