Acupressure Taping: The Practice of Acutaping for Chronic Pain and Injuries



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Reviews

I actually started reading this article ebook. It is actually packed with knowledge and wisdom Its been printed in an remarkably simple way and it is only after i finished reading this pdf where in fact modified me, alter the way i believe. (Prof. Uriel Witting)

ACUPRESSURE TAPING: THE PRACTICE OF ACUTAPING FOR CHRONIC PAIN AND INJURIES



Healing Arts Press. Paperback. Condition: New. 128 pages. Dimensions: 9.8in. x 7.9in. x 0.3in.Combines acupressure and massage to treat pain using elastic tape Shows how the use of an elastic, adhesive tape works with the bodys own motions to combine the actions of acupressure and massage Presents both therapeutic and preventative techniques for acute and chronic pain Contains step-by-step instructions illustrated in full color detailing how to self-treat pain in all parts of the body Sufferers of chronic pain well know the frustration of treatments involving endless rounds of drugs or expensive physical therapy--that may or may not offer relief. In Acupressure Taping, authors Hecker and Liebchen present a comprehensive guide to a new method of pain treatment--acutaping--which offers a much simpler and more effective alternative. In acutaping, elastic tape is placed over the afflicted area in accordance with related acupuncture points. During the course of normal movement throughout the day, the elastic tape provides a gentle but consistent massage to the inflamed area. Because the skin adheres to the tape, it is shifted against the subtissue during motion, causing lymph tissue to drain and connective tissue to be massaged. The authors show that most bodily dysfunctions can be selftreated through this innovative method. Combining elements of Chinese medicine with osteopathy, acutaping produces a method of treatment for ailments ranging from back pain and tennis elbow to menstrual pain and migraines. Acutaping is an easy and effective treatment--without side effects--that offers welcome relief to sufferers of chronic pain. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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