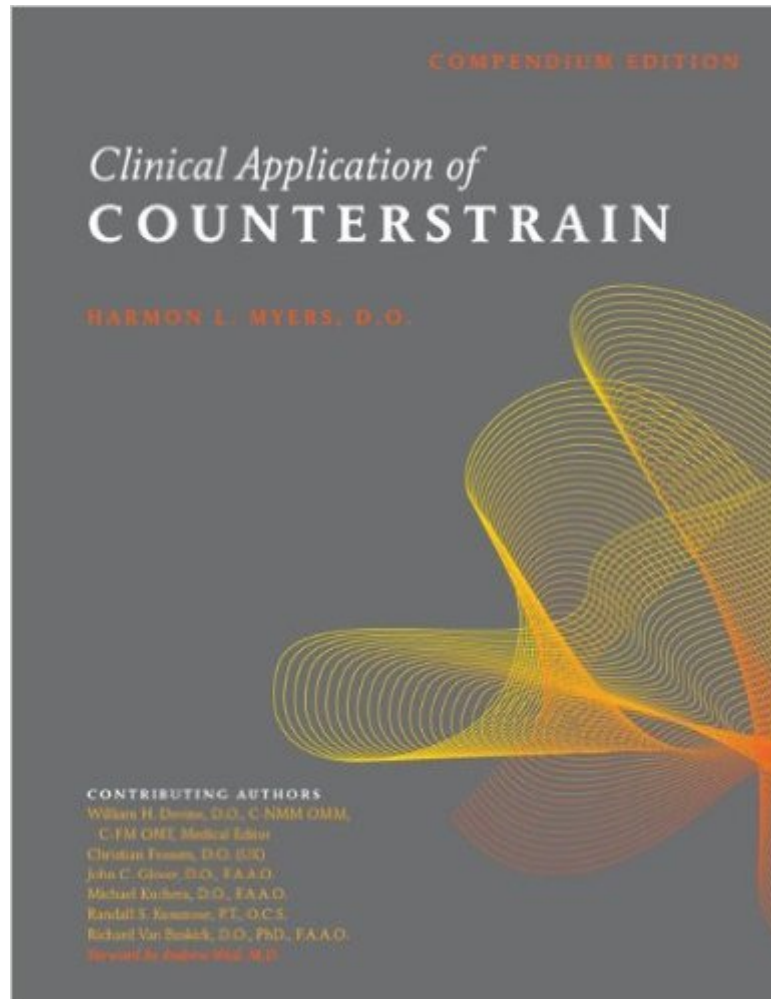


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# Compendium Edition: Clinical Application Of Counterstrain



## Synopsis

Counterstrain is a powerful tool to treat chronic and acute pain. Its gentle but logical manipulations can affect immediate, often lasting relief, and help maximize the body's natural inclination toward health. Actual case histories and standardized muscle-specific treatment positions bring the author's expertise to beginners and advanced practitioners alike. In this unique at-a-glance presentation, doctor, author, lecturer, teacher, and nationally recognized master of Counterstrain, Harmon L. Myers, D.O., shares a lifetime of insight and a step-by-step approach for clinicians of all disciplines to quickly and effectively diagnose and treat much of what ails us. Indispensable for preventive care and the whole person approach to wellness. The Compendium Edition: Clinical Application of Counterstrain is a comprehensive resource for students, teachers, clinicians and practitioners in osteopathic manipulation, physical therapy, and integrated medical disciplines. For more information, visit the Tucson Osteopathic Medical Foundation [tomf.org](http://tomf.org).

## Book Information

Hardcover: 230 pages

Publisher: Osteopathic Press; 1st edition (June 25, 2012)

Language: English

ISBN-10: 0963365819

ISBN-13: 978-0963365811

Product Dimensions: 11.4 x 9.3 x 1 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (4 customer reviews)

Best Sellers Rank: #342,152 in Books (See Top 100 in Books) #31 in Â Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Osteopathy #65 in Â Books > Medical Books > Medicine > Internal Medicine > Osteopathy

## Customer Reviews

I have read most of the common counterstrain texts & chapters, and Harmon Myers definitely is the best. His approach just seems to make more sense & is easier to master. His naming protocol is much more intuitive than the original Jones' nomenclature. Some purists might say that Dr. Myers confuses trigger points & tender points, but I think that the distinction is artificial. I see no reason one can not use Travell/Simons myofascial pain patterns to diagnose the offending muscle & then treat with Jones counterstrain positions. Makes sense to me. Dr. Myers clinical cases are great too. My book is already getting tattered & worn, and that is really my only complaint: the text could be

put together a bit better (especially for the price). Overall, an excellent text for anyone wanting to better understand & use counterstrain.

I love this book! Very well written, and illustrated. I find myself constantly referring to the book. As a student, when other students are asking me to treat them I find myself looking at this book often! It's a definite book to have!

This is the best osteopathic manipulative treatment reference book I own. This is due to its incredible user-friendly format and editors who have compiled the most pertinent information to be referred to at-a-glance with visuals for tender point location, common pain pattern, and 1 or 2 treatment positions. There is also really well curated contextual summaries for various patterns of disfunction and approach to regions or disorders that can be found within the section introductory pages. Perhaps one of the best features of this book is that it opens completely flat and can be easily brought to the bedside and flopped open when first becoming familiar with strain counterstrain. I highly recommend this book to those looking to better utilize counterstrain. I also highly recommend counterstrain!

Buy the newer edition. It is better than this older edition. I feel I wasted my money getting this older edition at full price.

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