



Launch Catalogue



The A to Z of Endocrinology

By Neill Amanda
HANDSPRING



A colourful spiral bound pocketbook illustrating components of the endocrine system and its component molecules. Hormone tables of interactions, target organs and pathways, listed alphabetically. Minimal text, maximal imagery allows for quick recall. It is much easier to understand your body, if you can visualize it.

AUD RRP: \$42.99	ISBN-13: 9781921930072
Release Date: 10/09/2017	Discount: Acad & Professional
Format: Paperback	Size: 170 X 110
Pages: 250	



The A to Z of Medical Terms

By Neill Amanda
HANDSPRING



This is a colourful spiral bound pocket-sized book on the origins of anatomical and other medical terms. Simple tables of prefixes suffixes and word roots help to understand medical terms. Other features are sections on histological stains, organ dimensions and medical acronyms.

AUD RRP: \$42.99	ISBN-13: 9781921930010
Release Date: 10/09/2017	Discount: Acad & Professional
Format: Paperback	Size: 170 X 110
Pages: 250	



The A to Z of Hair, Nails and Skin

By Neill Amanda
HANDSPRING



A colourful spiral bound pocketbook illustrating the anatomy development and histology of the skin and its adnexae, hair and nails in 3 separate sections. Minimal text, maximal imagery allows for quick recall. It is much easier to understand your body if you can visualize it.

AUD RRP: \$42.99	ISBN-13: 9781921930089
Release Date: 10/09/2017	Discount: Acad & Professional
Format: Paperback	Size: 170 X 110
Pages: 250	



The A to Z of The Heart

By Neill Amanda
HANDSPRING



A colourful spiral bound pocketbook illustrating the Heart, circulation, pulses and the blood supply of organs and tissues listed alphabetically. Minimal text, maximal imagery allows for quick recall. It is much easier to understand your body if you can visualize it.

AUD RRP: \$42.99	ISBN-13: 9781921930164
Release Date: 10/09/2017	Discount: Acad & Professional
Format: Paperback	Size: 170 X 110
Pages: 250	



The A to Z of the Major Organs

By Neill Amanda
HANDSPRING



A colourful spiral bound pocketbook illustrating the Major Organs of the body, the blood and nerve supply as well as any special features listed alphabetically. Minimal text, maximal imagery allows for quick recall. It is much easier to understand your body, how it works and what can go wrong, if you can visualize it.

AUD RRP: \$42.99	ISBN-13: 9781921930065
Release Date: 10/09/2017	Discount: Acad & Professional
Format: Paperback	Size: 170 X 110
Pages: 250	



The A to Z of Respiration

By Neill Amanda
HANDSPRING



Key Features of the A-to-Z Pocketbooks. 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 more.

AUD RRP: \$42.99	ISBN-13: 9781921930096
Release Date: 10/09/2017	Discount: Acad & Professional
Format: Paperback	Size: 170 X 115
Pages: 250	



The A to Z of Bones, Joints, Ligaments & the Back

By Neill Amanda
HANDSPRING



A colourful spiral bound pocketbook illustrating each human bone and joint with their connecting ligaments from several angles, listed alphabetically. Minimal text, maximal imagery allows for quick recall. The separate section on the Back examines the vertebral column as a whole.

AUD RRP: \$42.99	ISBN-13: 9781921930195
Release Date: 07/08/2017	Discount: Acad & Professional
Format: Paperback	Size: 170 X 110
Pages: 254	



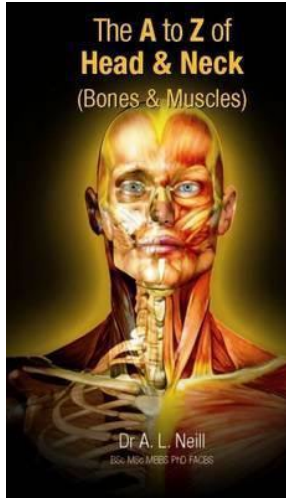
The A to Z of the Digestive Tract

By Neill Amanda
HANDSPRING



A colourful spiral bound pocketbook illustrating the Digestive Tract and its associated organs including the mouth listed alphabetically. Minimal text, maximal imagery allows for quick recall. It is much easier to understand your body if you can visualize it.

AUD RRP: \$42.99	ISBN-13: 9781921930003
Release Date: 10/09/2017	Discount: Acad & Professional
Format: Paperback	Size: 170 X 105
Pages: 250	



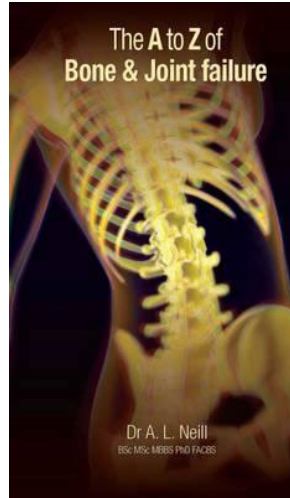
The A to Z of Head and Neck

By Neill Amanda
HANDSPRING



A colourful spiral bound pocketbook illustrating each bone, joint and muscle in the head and neck and listing them alphabetically, with functional muscle groups and clinical considerations. Minimal text, maximal imagery allows for quick recall. Teeth are included. It is much easier to understand your body if you can visualize it.

AUD RRP: \$42.99	ISBN-13: 9781921930126
Release Date: 10/09/2017	Discount: Acad & Professional
Format: Paperback	Size: 170 X 110
Pages: 250	



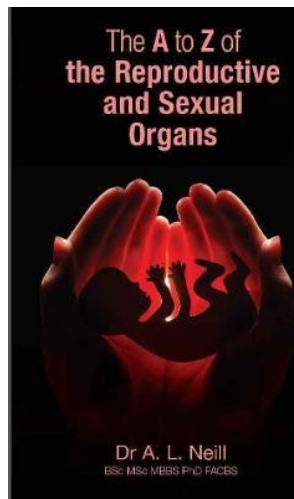
The A to Z of Bone and Joint Failure

By Neill Amanda
HANDSPRING



A colourful spiral bound pocketbook illustrating Bone Tissue and its pathologies. Joint pathologies are also discussed and listed alphabetically. Minimal text, maximal imagery allows for quick recall. It is much easier to understand your body and how it works and what can go wrong, if you can visualize it.

AUD RRP: \$42.99	ISBN-13: 9781921930034
Release Date: 10/09/2017	Discount: Acad & Professional
Format: Paperback	Size: 170 X 110
Pages: 250	



The A to Z of the Reproductive and Sexual Organs

By Neill Amanda
HANDSPRING



A colourful spiral bound pocketbook illustrating the structures and functions of the reproductive organs, listed alphabetically. Minimal text, maximal imagery allows for quick recall. It is much easier to understand your body, how it works and what can go wrong, if you can visualize it.

AUD RRP: \$42.99	ISBN-13: 9781921930041
Release Date: 10/09/2017	Discount: Acad & Professional
Format: Paperback	Size: 170 X 110
Pages: 250	



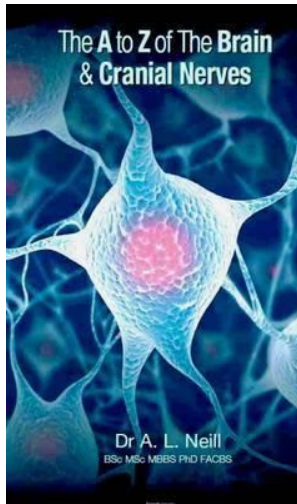
The A to Z of Eyes

By Neill Amanda
HANDSPRING



A colourful spiral bound pocketbook illustrating the eye its structure, function and clinical tests, listed alphabetically. Minimal text, maximal imagery allows for quick recall. It is much easier to understand your body, how it works and what can go wrong, if you can visualize it.

AUD RRP: \$42.99	ISBN-13: 9781921930133
Release Date: 10/09/2017	Discount: Acad & Professional
Format: Paperback	Size: 170 X 110
Pages: 250	



The A to Z of the Brain and Cranial Nerves

By Neill Amanda
HANDSPRING



A colourful spiral bound pocketbook illustrating the Brain and its structures as well as the pathways and functions of the Cranial Nerves, including clinical tests. Minimal text, maximal imagery allows for quick recall. It is much easier to understand your body if you can visualize it.

AUD RRP: \$42.99	ISBN-13: 9781921930157
Release Date: 10/09/2017	Discount: Acad & Professional
Format: Paperback	Size: 170 X 115
Pages: 250	



The A to Z of Surface Anatomy

By Neill Amanda
HANDSPRING



This is a very colourful spiral bound pocket-sized book on surface anatomy with minimal text and maximal imagery. Listed alphabetically underlying structures are mapped on to the body's surface. Clinical landmarks are demonstrated.

AUD RRP: \$42.99	ISBN-13: 9781921930171
Release Date: 29/07/2017	Discount: Acad & Professional
Format: Paperback	Size: 170 X 110
Illustration: Colour Section(S)	Pages: 234



The A to Z of Peripheral Nerves

By Neill Amanda
HANDSPRING



A colourful spiral bound pocketbook illustrating the pathways of each peripheral nerve alphabetically. Minimal text, maximal imagery allows for quick recall. It is much easier to understand your body if you can visualize it.

AUD RRP: \$42.99	ISBN-13: 9781921930058
Release Date: 07/08/2017	Discount: Acad & Professional
Format: Paperback	Size: 170 X 110
Pages: 230	



The A to Z of Skeletal Muscles

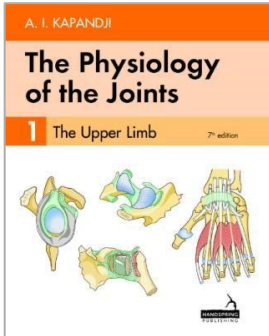
By Neill Amanda
HANDSPRING



A colourful spiral bound pocketbook illustrating each muscle, their attachments, actions, tests, blood and nerve supplies, listed alphabetically. Minimal text, maximal imagery allows for quick recall.

AUD RRP: \$42.99	ISBN-13: 9781921930188
Release Date: 07/08/2017	Discount: Acad & Professional
Format: Paperback	Size: 170 X 110
Illustration: Colour Section(S)	Pages: 266

The Physiology of the Joints - Volume 1



Kapandji Adalbert

The Physiology of the Joints, conceived and written more than forty years ago by Dr. A. I. Kapandji, deals with biomechanics, a subject until then mentioned only incidentally in textbooks of anatomy. Following his lead, every anatomy textbook nowadays has a large component devoted to the functional aspect of the locomotor system, which has become an essential scientific subject. This is the first of three volumes in the brand-new 7th edition. The seventh edition of this volume deals with the upper limb and has been expanded with the inclusion of new diagrams and text. It explains: the concepts of DISI and VISI, employing the author's own "parable of the three friends," the transition to bipedalism, automatic swinging of the upper limb during walking, the extension of the body schema through the hand and prehension during evolution. This book is intended for medical and physical therapy students; and for practising physicians and surgeons wishing to increase their knowledge of the functional anatomy of the locomotor system.

HANDSPRING

AUD RRP: \$93.99

ISBN13: 9781912085590

Release Date: 23/06/2019

Discount: ACAD & PROFESSIONAL

Format: Paperback

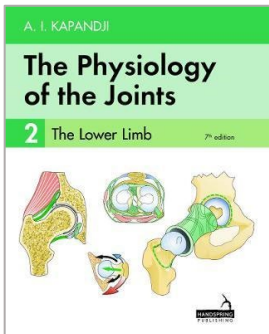
Pages: 368

Size: 275 X 220

Illustrations: COLOUR SECTION(S)



The Physiology of the Joints - Volume 2



Kapandji Adalbert

The Physiology of the Joints, conceived and written more than forty years ago by Dr. A. I. Kapandji, deals with biomechanics, a subject until then mentioned only incidentally in textbooks of anatomy. Following his lead, every anatomy textbook nowadays has a large component devoted to the functional aspect of the locomotor system, which has become an essential scientific subject. The seventh edition of this volume deals with the lower limb and has been expanded with the inclusion of new diagrams and text dealing in particular with: elasticity of the Achilles' tendon, barycentre of the pregnant woman, stance phase, swinging of the upper limbs, different types of gait, ordinary and military and jumping. This book is intended for medical and physical therapy students; and for practising physicians and surgeons wishing to increase their knowledge of the functional anatomy of the locomotor system.

HANDSPRING

AUD RRP: \$93.99

ISBN13: 9781912085606

Release Date: 23/06/2019

Discount: ACAD & PROFESSIONAL

Format: Paperback

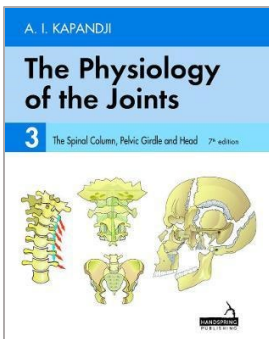
Pages: 324

Size: 275 X 220

Illustrations: COLOUR SECTION(S)



The Physiology of the Joints - Volume 3



Kapandji Adalbert

The Physiology of the Joints, conceived and written more than forty years ago by Dr. A. I. Kapandji, deals with biomechanics, a subject until then mentioned only incidentally in textbooks of anatomy. Following his lead, every anatomy textbook nowadays has a large component devoted to the functional aspect of the locomotor system, which has become an essential scientific subject. The seventh edition of this volume deals with the head and the spinal column and has been expanded with the inclusion of new diagrams and text dealing with: the role of the femurs during the different stages of labour, the concepts of mass, weight and barycentre, how to localise the barycentres, joint hypermobility, the law of parsimony and the law of universal profusion. This book is intended for medical and physical therapy students; and for practising physicians and surgeons wishing to increase their knowledge of the functional anatomy of the locomotor system.

HANDSPRING

AUD RRP: \$93.99

ISBN13: 9781912085613

Release Date: 23/06/2019

Discount: ACAD & PROFESSIONAL

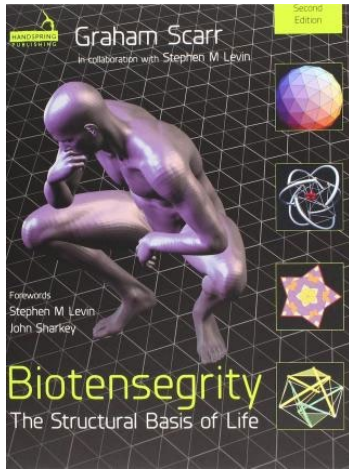
Format: Paperback

Pages: 356

Size: 275 X 220

Illustrations: COLOUR SECTION(S)





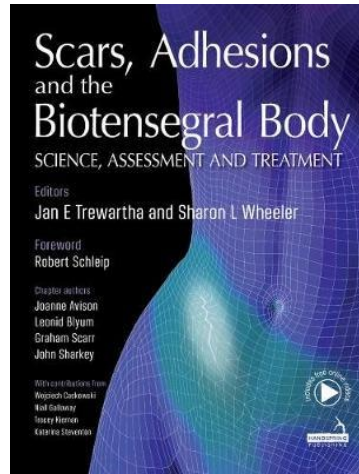
Biotensegrity

By Scarr Graham
HANDSPRING



The emerging science of biotensegrity provides a fresh context for rethinking our understanding of human movement, but its complexities can be formidable. Biotensegrity: The Structural Basis of Life, explores and explains the concept of biotensegrity and provides an understanding and appreciation of anatomy and physiology in the light of the latest research findings.

AUD RRP: \$85.99	ISBN-13: 9781909141841
Release Date: 10/02/2019	Discount: Acad & Professional
Format: Paperback	Size: 235 X 185
Illustration: Colour Section(S)	Pages: 204



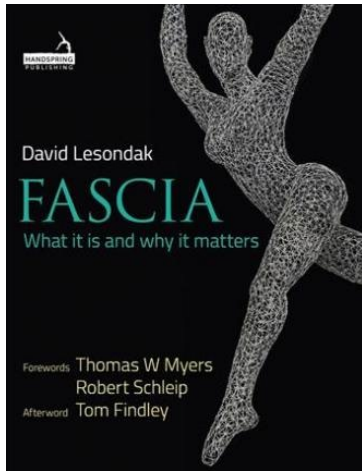
Scars, Adhesions and the Biotensegral Body

By Trewartha Jan
HANDSPRING



This highly illustrated book explains the effects of scars and adhesions on the body through the lens of biotensegrity, a concept that recognizes the role of physical forces on their formation, structure and treatment. It includes contributions from specialists in the fields of fascial anatomy, biotensegrity, movement, surgery and other manual therapies.

AUD RRP: \$92.99	ISBN-13: 97819121085460
Release Date: 04/08/2020	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: Colour Section(S)	Pages: 176



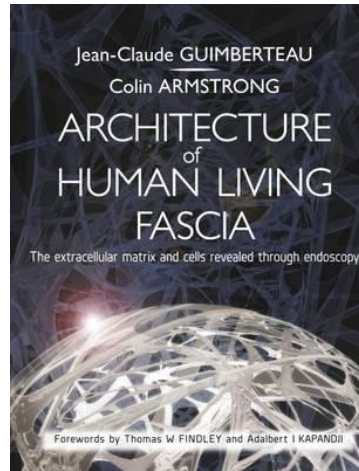
Fascia

By Lesondak David
HANDSPRING



As the title suggests, this book presents a clear and easy to understand explanation of what the fascia is and the role it plays in the body. As the importance of fascia is increasingly recognized it became obvious that there was a need for a book that clearly and concisely presents the facts. This is that book. It has a strong storyline, with each chapter logically connecting to the next.

AUD RRP: \$59.99	ISBN-13: 9781909141551
Release Date: 14/12/2017	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: B&W Throughout	Pages: 176



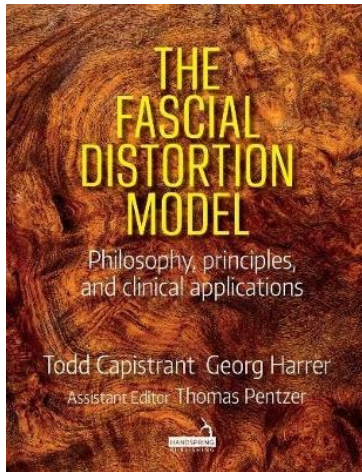
Architecture of Human Living Fascia

By Guimberteau Jean Claude
HANDSPRING



This unique book illustrates the structure of the fascia in the living human being. Dr Guimberteau's photographs 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.

AUD RRP: \$150.00	ISBN-13: 9781909141117
Release Date: 07/12/2015	Discount: Acad & Professional
Format: Mixed media product	Size: 285 X 225
Illustration: B&W Throughout	Pages: 232



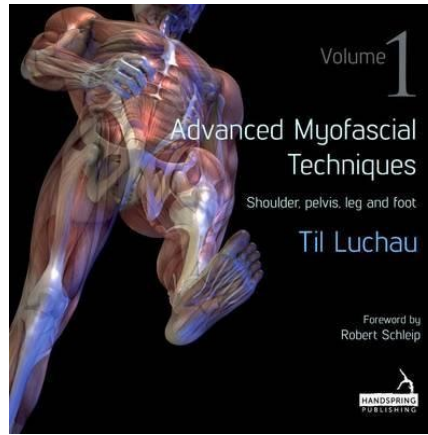
The Fascial Distortion Model

By Capistrant Todd
HANDSPRING



The Fascial Distortion Model (FDM) was introduced by the American physician Stephen Typaldos (1957-2006). In this model all injuries and other conditions causing pain or disability are seen as arising from specific distortions of the connective tissue.

AUD RRP: \$107.00	ISBN-13: 9781912085569
Release Date: 26/04/2021	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
	Pages: 264



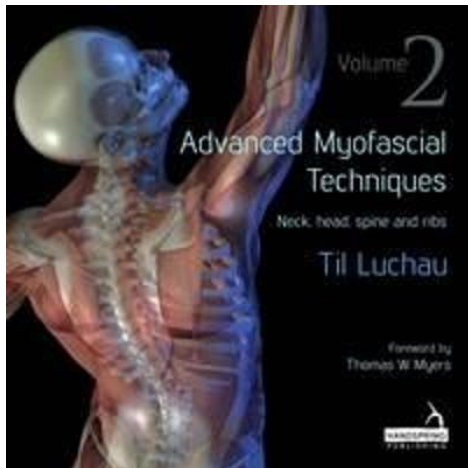
Advanced Myofascial Techniques

By Luchau Til
HANDSPRING



A beautiful visual and narrative guide to a selection of unique hands-on myofascial techniques. Techniques are chosen for inclusion 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.

AUD RRP: \$105.00	ISBN-13: 9781909141162
Release Date: 17/05/2015	Discount: Acad & Professional
Format: Paperback	Size: 250 X 250
	Pages: 208



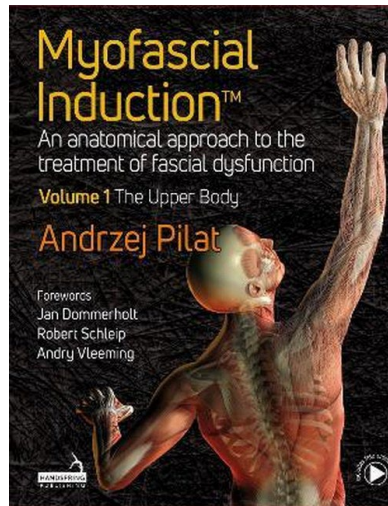
Advanced Myofascial Techniques: Volume 2

By Luchau Til
HANDSPRING



Advanced Myofascial Techniques, Volume 2 is the second of two beautiful, information-packed guides to highly effective manual therapy techniques. Focusing on conditions of the neck, head, spine and ribs Volume 2 provides a variety of tools for addressing some of the most commonly encountered complaints.

AUD RRP: \$105.00	ISBN-13: 9781909141179
Release Date: 06/07/2016	Discount: Acad & Professional
Format: Paperback	Size: 250 X 250
	Pages: 244



Myofascial Induction (TM)

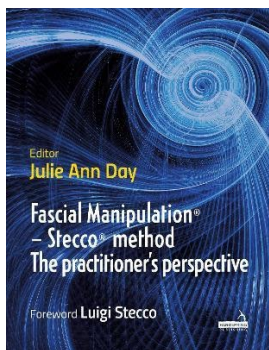
By Pilat Andrzej
HANDSPRING



Myofascial Induction (TM) - An anatomical approach to the treatment of fascial dysfunction describes the properties of the fascial network and provides therapeutic solutions for different types of fascial dysfunction.

AUD RRP: \$226.00	ISBN-13: 9781913426330
Release Date: 01/08/2022	Discount: Acad & Professional
Format: Hardback	Size: 280 X 225
	Pages: 520

Fascial Manipulation – Stecco method



Day Julie Ann

This book highlights the impact that the Fascial Manipulation (R) - Stecco (R) method for fascial dysfunctions, developed by Italian physiotherapist Luigi Stecco, has had on the clinical practice of 16 well-established practitioners from a total of seven different countries and from different disciplines, including physiotherapy, chiropractic, osteopathy and massage therapy. It gives voice to some of the experienced practitioners who have acknowledged Luigi Stecco's work and have played an important role in the diffusion of this method in their respective countries. The knowledgeable 'clinical eye' of these practitioners will have immense value for their peers. An introductory chapter outlines the theoretical models underlying the Fascial Manipulation - Stecco method and the clinical reasoning process applied in this method.

HANDSPRING

AUD RRP: \$83.99

ISBN13: 9781912085019

Release Date: 21/10/2018

Discount: ACAD & PROFESSIONAL

Format: Paperback

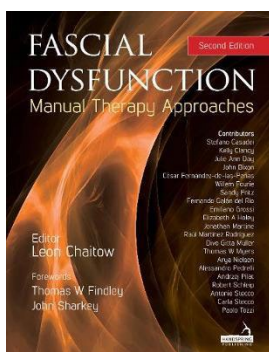
Pages: 220

Size: 245 X 190

Illustrations: B&W THROUGHOUT



Fascial Dysfunction



Chaitow Leon

Fascial dysfunction is now recognised as one of the main underlying causes of musculoskeletal pain leading to impaired and reduced mobility. These are the symptoms which confront all practitioners of manual therapy in their everyday practice. In this second edition of his very successful book, Leon Chaitow brings together contributions from 20 leading practitioners and researchers from many different fields of manual therapy. Fascial Dysfunction - Manual Therapy Approaches, Second Edition aims to help those practitioners to assess more precisely the dysfunction of their clients and its cause and to increase practitioner awareness of the various techniques which may help them in their attempts to alleviate their clients' problems. New features of the Second edition include: Descriptions of new research evidence and its implications for practice, the dependence of collagen health on a mixture of balanced internal and external tension.

HANDSPRING

AUD RRP: \$119.00

ISBN13:

Release Date: 17/02/2019

Discount: ACAD & PROFESSIONAL

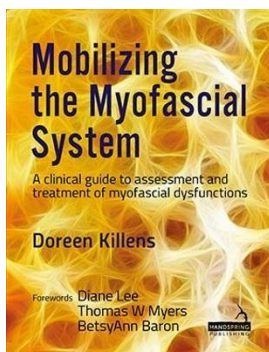
Format: Paperback

Pages: 408

Size: 245 X 190



Mobilizing the Myofascial System



Killens Doreen

Fascia has become the new buzzword in the field of rehabilitation and movement re-education. Until recently its contribution to musculoskeletal dysfunction had been underestimated. We know now that fascia plays an important role in health, wellbeing and mobility. It transmits the power of the muscles, communicates with the nervous system and serves as a sense organ. Many different groups of professionals are now exploring the world of fascia, as evidenced by the explosion of research in this field. However, many physical therapists are still unfamiliar with fascia and continue to think of it as the 'dead packing material' that is pushed aside during dissections to visualize the 'important stuff' like muscles and nerves. Physical therapists with their varied skill set in manual therapy techniques are well-placed to take on this important tissue. Mobilization of the Myofascial System aims to help them to do that.

HANDSPRING

AUD RRP: \$114.00

ISBN13:

Release Date: 24/01/2019

Discount: ACAD & PROFESSIONAL

Format: Paperback

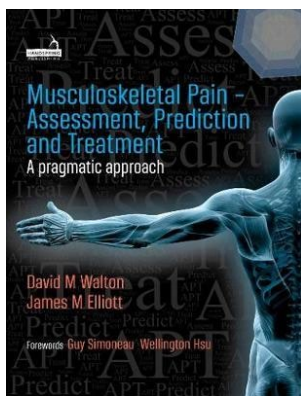
Pages: 296

Size: 245 X 190

Illustrations: COLOUR SECTION(S)



Musculoskeletal Pain - Assessment, Prediction and Treatment



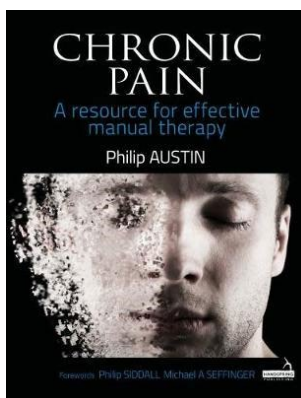
Walton David

Musculoskeletal Pain - Assessment, Prediction and Treatment presents a commonsense approach to interpreting and applying existing clinical knowledge and new research to help clinicians make sense of the complex phenomena of acute and chronic post-traumatic musculoskeletal pain. Built upon the Assess, Predict, Treat framework, the authors offer a method to help clinicians better understand their patients' pain. They present evidence-based decision tools to predict the natural and clinical course of common conditions, such as neck and low back pain, and they then synthesize that information into a logical, integrated treatment approach, which respects the individuality of the patient, the experiences of the clinician, and the value of evidence-informed practice

HANDSPRING
AUD RRP: \$70.99
ISBN13: 9781912085507
Release Date: 23/06/2020
Discount: ACAD & PROFESSIONAL
Format: Paperback
Pages: 184
Size: 245 X 190



Chronic Pain



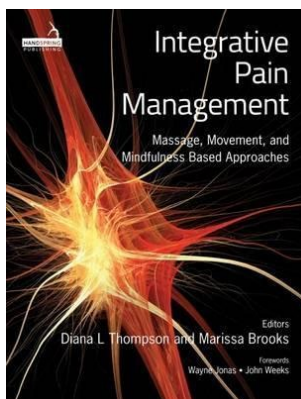
Austin Philip

The effective management of pain is a problem which confronts all manual therapists. This book provides a clear picture of our current understanding of pain mechanisms and shows how that knowledge should inform approaches to treatment. The knowledge of pain science that the book conveys will help the therapist select the best approach to the clinical management of each patient. Different types of pain disorder may require different management strategies which may involve only one discipline or, at other times, a multidisciplinary team which may also include medical clinicians, psychologists, occupational therapists, nurses, and other healthcare practitioners as well as manual therapists. The book is divided into three parts: 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.

HANDSPRING
AUD RRP: \$78.99
ISBN13:
Release Date: 03/01/2018
Discount: ACAD & PROFESSIONAL
Format: Paperback
Pages: 244
Size: 245 X 190
Illustrations: B&W THROUGHOUT



Integrative Pain Management

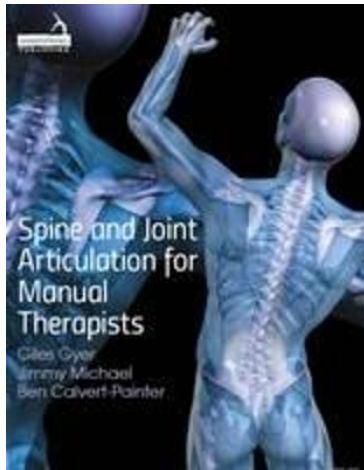


Thompson Diana

This book provides an overview of pain mechanisms as currently understood and details a variety of approaches to pain management used across a wide range of complementary disciplines. A final chapter integrates these body-based and mind-body approaches, and helps the clinician offer the most effective care for the patient. The first part of the book discusses pain symptoms and the ways in which pain is experienced by individual patients. This section deals with the anatomy and pathology of pain and describes present views of what causes pain to occur and persist. Integrative care concepts are presented, emphasizing multi-disciplinary approaches to addressing pain. In the second part, expert contributors describe therapeutic approaches to addressing pain conditions and implementing self-care management options, specific to the various disciplines. When available, research supporting the evidence for these interventions is incorporated.

HANDSPRING
AUD RRP: \$112.00
ISBN13:
Release Date: 27/06/2016
Discount: ACAD & PROFESSIONAL
Format: Paperback
Pages: 300
Size: 245 X 190
Illustrations: B&W THROUGHOUT





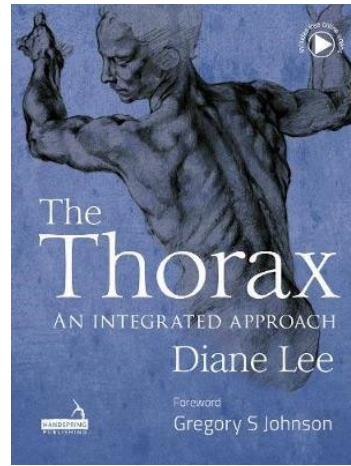
**Spine and Joint
Articulation for
Manual Therapists**

By Gyer G.
HANDSPRING



The book focuses on the practical application of articulation and mobilisation techniques with clear explanations and visual support of the techniques. Techniques are described for all body regions. Most other books for therapists include only one chapter on these important techniques. This book covers a variety of best practise techniques for all areas of the body.

AUD RRP: \$82.99	ISBN-13: 9781909141315
Release Date: 26/12/2016	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: B&W Throughout	Pages: 308



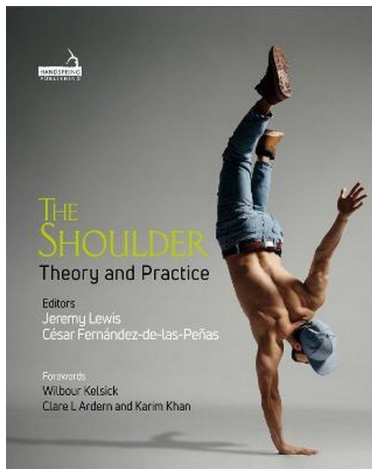
The Thorax

By Lee Diane
HANDSPRING



This clinical textbook will update the reader on the relevant anatomy, known biomechanics, clinical assessment, musculoskeletal conditions, and treatment of the thorax and how these relate to the function of the whole body. An integrated biopsychosocial model will be highlighted in this text and used as a foundation for clinicians to organize their knowledge from multiple sources.

AUD RRP: \$154.00	ISBN-13: 9781912108507
Release Date: 25/11/2018	Discount: Acad & Professional
Format: Hardback	Size: 250 X 195
Pages: 332	



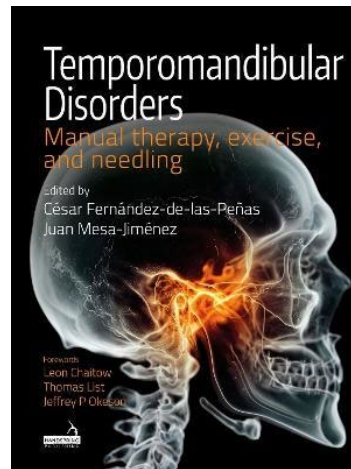
The Shoulder

By Fernandez-de-las-Penas Cesar
HANDSPRING



The Shoulder: Theory Practice presents a comprehensive fusion of the current research knowledge and clinical expertise that will be essential for any clinician from any discipline who is involved with the assessment, management, and rehabilitation of musculoskeletal conditions of the shoulder.

AUD RRP: \$167.00	ISBN-13: 9781913426170
Release Date: 01/08/2022	Discount: Acad & Professional
Format: Hardback	Size: 285 X 225
Illustration: Colour Section(S)	Pages: 712



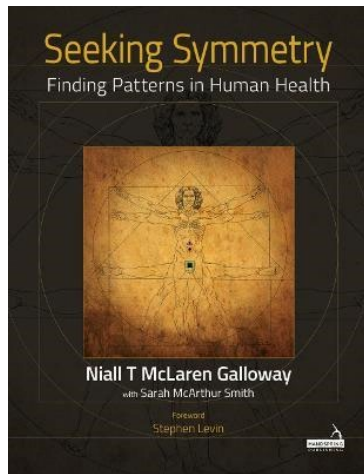
**Temporomandibular
Disorders**

By Fernandez-de-las-Penas Cesar
HANDSPRING



An authoritative and comprehensive account of the assessment and conservative management of temporomandibular disorders. Recent emphasis has been on 'evidence-based practice' at the expense of the clinical reality which should also take account of clinician expertise and patient preference. A sound research base is not always available.

AUD RRP: \$99.99	ISBN-13: 9781909141803
Release Date: 20/05/2018	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: B&W Throughout	Pages: 350



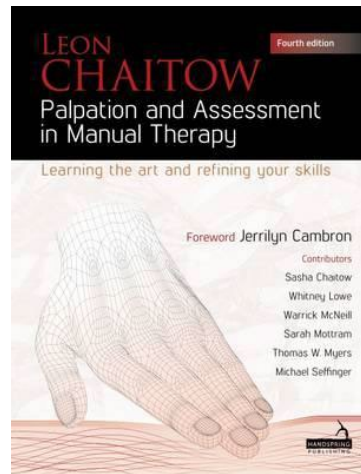
Seeking Symmetry

By Galloway Niall
HANDSPRING



Seeking Symmetry: Finding patterns in human health offers a guide through the overwhelming mass of data generated by contemporary science. Starved for the knowledge that would best help us stay healthy, we are simultaneously glutted with an overload of information about the human body.

AUD RRP: \$59.99	ISBN-13: 9781912085118
Release Date: 30/12/2018	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Pages: 200	



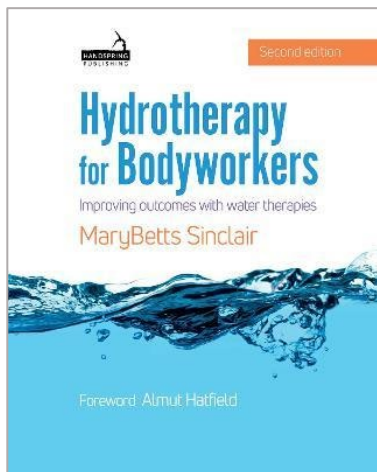
Palpation and Assessment in Manual Therapy 4/e

By Chaitow Leon
HANDSPRING



As the title suggests this book has been written to assist manual therapists to understand and hone the palpatory skills which are essential to their effectiveness as practitioners. Skilful palpation is the foundation stone of all effective manual therapy assessments and treatments.

AUD RRP: \$94.99	ISBN-13: 9781909141346
Release Date: 01/05/2017	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: B&W Throughout	
Pages: 342	



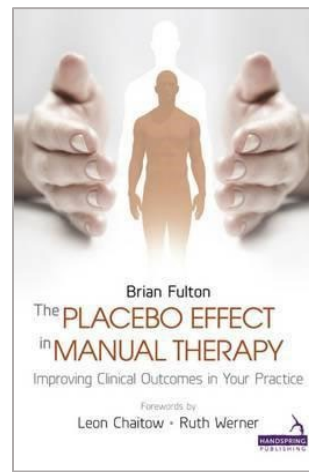
Hydrotherapy for Bodyworkers

By Sinclair Marybetts
HANDSPRING



This is the second edition of a highly successful book, first published in 2008. It is written by a well-known and respected American massage therapist who is both a teacher and a practitioner so know what the learner needs to know.

AUD RRP: \$119.00	ISBN-13: 9781912085521
Release Date: 16/12/2020	Discount: Acad & Professional
Format: Paperback	Size: 275 X 220
Illustration: Colour Section(S)	
Pages: 320	



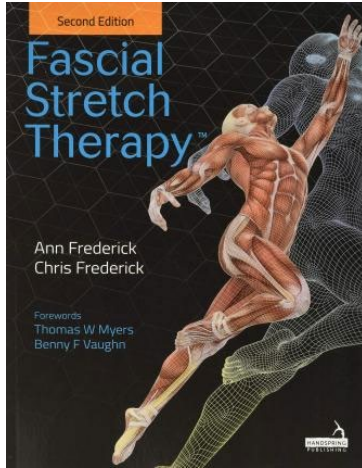
The Placebo Effect in Manual Therapy

By Fulton Brian
HANDSPRING



Numerous studies have made the 'placebo effect' the most-studied healing phenomenon known to mankind. In The Placebo Response in Manual Therapy Brian Fulton has drawn on these studies to provide an essential resource for all practitioners who work on a one-to-one basis with their clients.

AUD RRP: \$94.99	ISBN-13: 9781909141292
Release Date: 02/11/2015	Discount: Acad & Professional
Format: Paperback	Size: 232 X 156
Illustration: B&W Throughout	
Pages: 296	



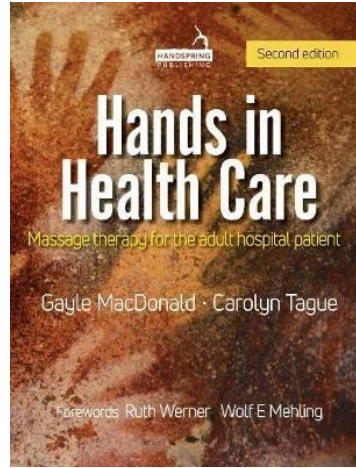
Fascial Stretch Therapy 2/e

By Frederick A. HANDSPRING



The beautiful new edition of this highly successful book, written by Ann and Chris Frederick, directors of the Stretch to Win (R) Institute, is packed with theory and practice, including a host of beautifully illustrated assisted stretches. Fascial Stretch Therapy (TM), Second edition is a practical and highly applicable manual.

AUD RRP: \$94.99	ISBN-13: 9781912085675
Release Date: 22/10/2020	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Pages: 240	



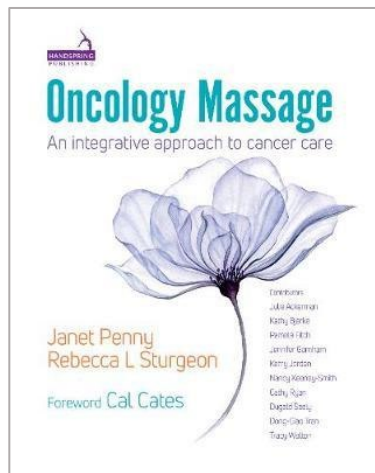
Hands in Health Care 2/e

By MacDonald Gayle HANDSPRING



This is the second edition of a highly successful book - the only one available on this topic. The first edition was written by a well-known massage therapist and author, Gayle MacDonald. Both are well-known and highly respected in the field of hospital massage therapy.

AUD RRP: \$119.00	ISBN-13: 9781912085545
Release Date: 29/03/2021	Discount: Acad & Professional
Format: Paperback	Size: 275 X 220
Illustration: Colour Section(S)	Pages: 368



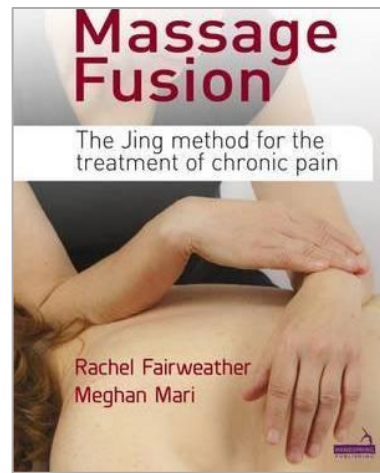
Oncology Massage

By Penny Janet HANDSPRING



In Oncology Massage - an integrative approach to cancer cares the authors have created a textbook which will provide both experienced and inexperienced therapists with a resource to expand their knowledge and understanding of working with people with cancer.

AUD RRP: \$107.00	ISBN-13: 9781912085750
Release Date: 26/07/2021	Discount: Acad & Professional
Format: Paperback	Size: 275 X 220
Illustration: Colour Section(S)	Pages: 316



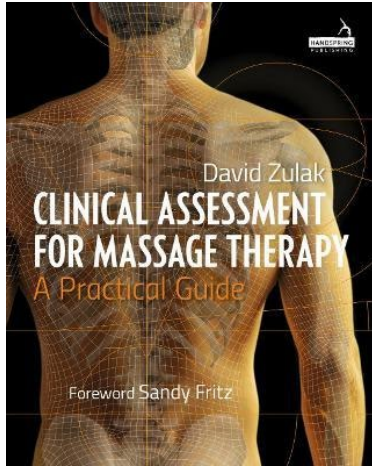
Massage Fusion

By Fairweather Rachel HANDSPRING



The book will be a compendium of the philosophy, techniques and approaches that get results with clients and enable the massage therapist to build and maintain a successful practice. This book will become a well - thumbed companion beside every massage therapists bedside!

AUD RRP: \$83.99	ISBN-13: 9781909141230
Release Date: 03/11/2015	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: B&W Throughout	Pages: 396



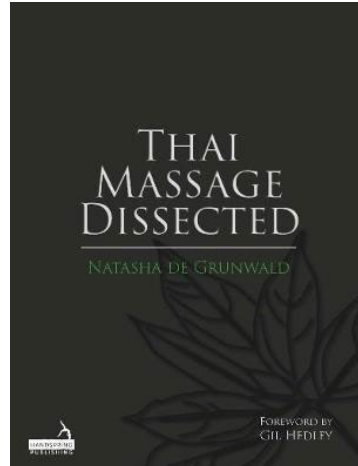
Clinical Assessment for Massage Therapy

By Fritz Sandy
HANDSPRING



A comprehensive and highly illustrated guide to examining and assessing patients prior to massage therapy. The book will be used by MT students to learn of the existence of these techniques and how and when to use them. More experienced MTs will use the book to enhance, update and extend their skills in what is a key area if appropriate.

AUD RRP: \$124.00	ISBN-13: 9781909141377
Release Date: 16/07/2018	Discount: Acad & Professional
Format: Paperback	Size: 275 X 225
Illustration: B&W Throughout	Pages: 584



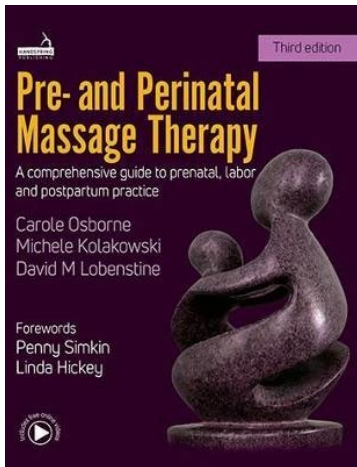
Thai Massage Dissected

By de Grunwald Natasha
HANDSPRING



Written by the UK's leading teacher and practitioner Natasha de Grunwald, a pioneer of Thai massage and bodywork for 30 years. Thai Massage Dissected is a book aimed at massage therapists, yoga teachers, physiotherapists, osteopaths and all manual therapists who want to expand their therapeutic approach.

AUD RRP: \$78.99	ISBN-13: 9781913426118
Release Date: 09/08/2021	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: Colour Section(S)	Pages: 262



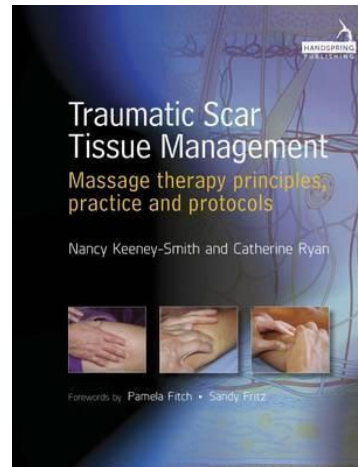
Pre- and Perinatal Massage Therapy 3/e

By Osborne Carole
HANDSPRING



This is the third edition of a highly successful guide to using massage therapy through all stages of the birth process, from pregnancy, through labor and birth, and into the long postpartum period. It is primarily for massage therapists but is also intended for physical therapists, other manual therapists and bodyworkers, nurses and midwives.

AUD RRP: \$119.00	ISBN-13: 9781912085736
Release Date: 26/04/2021	Discount: Acad & Professional
Format: Paperback	Size: 275 X 220
Illustration: Colour Section(S)	Pages: 336



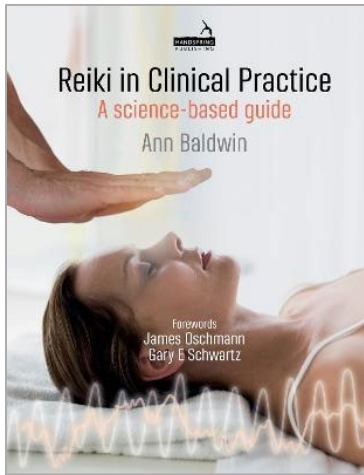
Traumatic Scar Tissue Management

By Smith Nancy Keeney
HANDSPRING



The management of scar tissue is a huge and growing problem for massage and other manual therapists. Research has showed that appropriate massage treatment can have significant results both physically and psychologically. This practical manual tells the therapist what to do (and what not to do) in the management of patients with traumatic scars.

AUD RRP: \$114.00	ISBN-13: 9781909141223
Release Date: 27/06/2016	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: B&W Throughout	Pages: 296



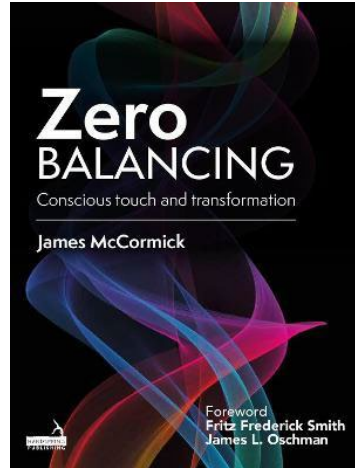
Reiki in Clinical Practice

By Baldwin Ann
HANDSPRING



Reiki is a healing technique, using gentle touch with the hands placed on or slightly away from the body to optimize physical, mental and emotional health. It is based on the assumption that the flow of energy through the body can be supported and adjusted to promote wellness.

AUD RRP: \$83.99	ISBN-13: 97819121085361
Release Date: 19/04/2020	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: B&W Throughout	Pages: 228



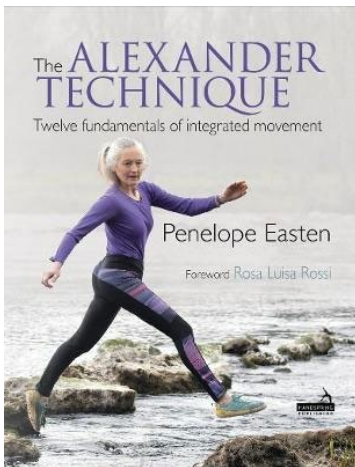
Zero Balancing

By McCormick James
HANDSPRING



Zero Balancing - conscious touch and transformation offers a practical and multi-layered approach to personal transformation for practitioners of Zero Balancing. The author explains the basic principles of Zero Balancing and then gives examples of how to use those principles in bodywork through the use of fascinating case histories.

AUD RRP: \$71.99	ISBN-13: 9781913426156
Release Date: 25/08/2021	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: B&W Throughout	Pages: 176



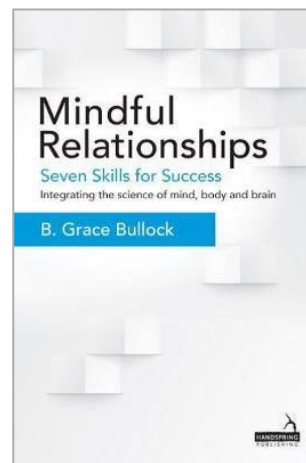
The Alexander Technique

By Easten Penelope
HANDSPRING



All aspects of life involve movement. This book offers a broad, new theoretical framework of how integrated movement occurs, with ideas from recent science, and practical explorations. Aimed at teachers and trainees of the Alexander technique, and all movement educators and somatic therapists.

AUD RRP: \$107.00	ISBN-13: 97819121085859
Release Date: 21/06/2021	Discount: Acad & Professional
Format: Paperback	Size: 275 X 220
Illustration: B&W Throughout	Pages: 304



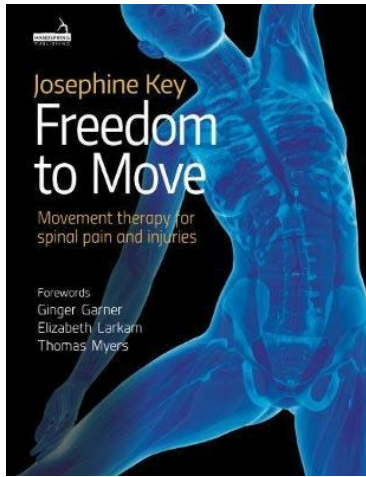
Mindful Relationships

By Bullock Grace
HANDSPRING



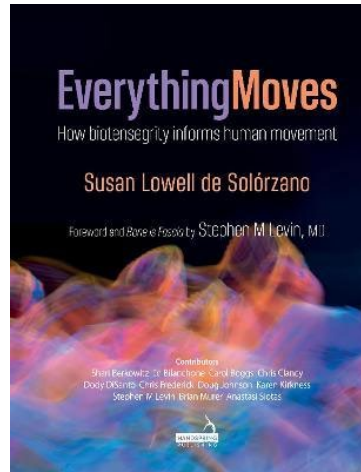
This book helps the professional therapist incorporate mindfulness-based practices into their clinical work especially when helping patients with interpersonal relationships. Filled with sound science, engaging stories and experiential exercises, this book is bound to change the way that you relate to your life and those in it.

AUD RRP: \$53.99	ISBN-13: 9781909141704
Release Date: 07/02/2017	Discount: Acad & Professional
Format: Paperback	Size: 235 X 155
Illustration: B&W Throughout	Pages: 208



Freedom to Move

By Key Josephine
HANDSPRING



Everything Moves

By Lowell de Solorzano Susan
HANDSPRING

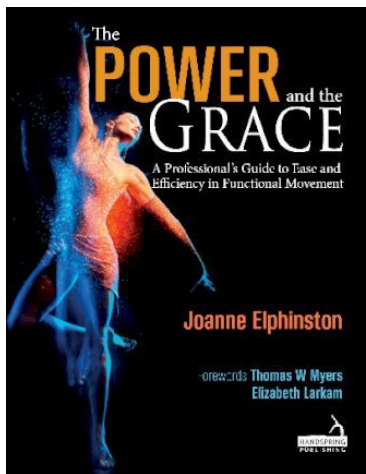


Freedom to Move is evidence informed practical resource which provides movement therapists of all disciplines with an exercise blueprint for rehabilitating spinal pain and many related 'injuries'. In essence, Freedom to Move describes what goes wrong in the spine and what to do about it.

'What a multi-sensory pleasure in learning! I will be a better teacher and better clinician using what I am learning from this book.' Carol M Davis DPT, EdD, MS, FAPTA. The emerging science of biotensegrity provides a fresh context for re-thinking our understanding of human movement, but its complexities can be formidable.

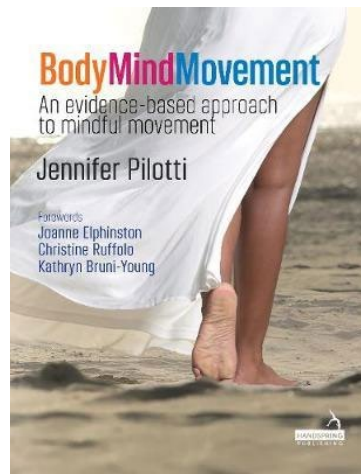
AUD RRP: \$105.00 **ISBN-13:** 9781909141926
Release Date: 13/12/2018 **Discount:** Acad & Professional
Format: Paperback **Size:** 245 X 190
Pages: 396

AUD RRP: \$94.99 **ISBN-13:** 9781909141964
Release Date: 28/12/2020 **Discount:** Acad & Professional
Format: Paperback **Size:** 245 X 190
Pages: 200



The Power and the Grace

By Elphinston Joanne
HANDSPRING



Body Mind Movement

By Pilotti Jennifer
HANDSPRING

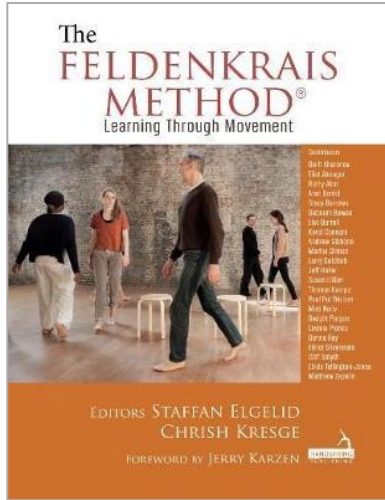


Designed for Pilates and yoga teachers, health and rehabilitation professionals, 'The Power and the Grace' demystifies functional movement and integrates the science of movement with the art of teaching it. It aims to help the holistically minded movement professional achieve rewarding results in neuromuscular function.

Body Mind Movement: An Evidence-Based Approach to Mindful Movement explores the foundational concepts behind the science of learning, motor control, and body awareness. The book features case studies, exercises to illustrate the concepts, and opportunities for critical thinking, allowing movement professionals not only to understand the science behind why techniques work.

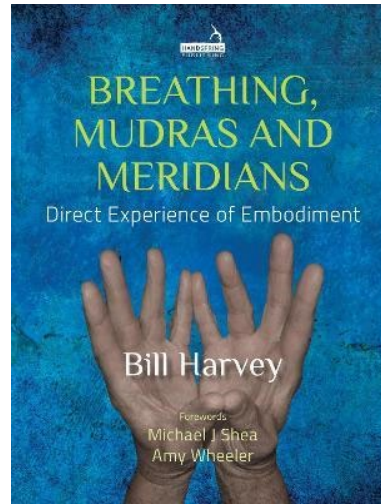
AUD RRP: \$93.99 **ISBN-13:** 97819121085385
Release Date: 26/01/2020 **Discount:** Acad & Professional
Format: Paperback **Size:** 245 X 190
Pages: 264

AUD RRP: \$71.99 **ISBN-13:** 97819121085897
Release Date: 24/09/2020 **Discount:** Acad & Professional
Format: Paperback **Size:** 245 X 190
Illustration: B&W Throughout **Pages:** 192



The Feldenkrais Method

By Elgelid Staffan
HANDSPRING



Breathing, Mudras and Meridians

By Harvey Bill
HANDSPRING

NEW RELEASE

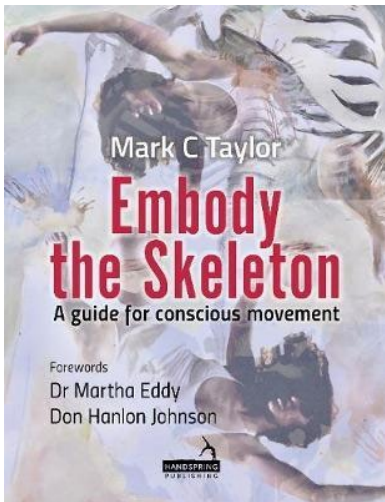


Key features of this book: Comparisons about similarities as well as differences between the different methods. It also shows very clearly how the Feldenkrais Method can be applied in a variety of specific settings.

This book covers the three pathways of awareness that are built into our bodies, and that can help us to improve the beneficial aspects of our breathing.

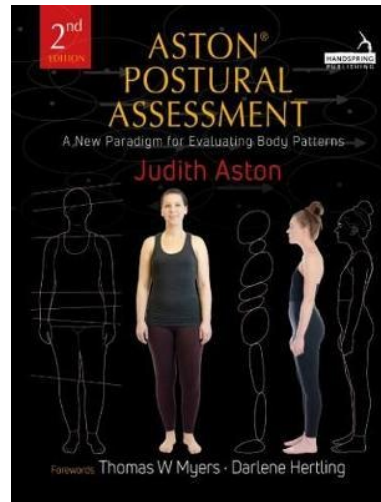
AUD RRP: \$78.99	ISBN-13: 9781912085699
Release Date: 14/07/2021	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: B&W Throughout	Pages: 224

AUD RRP: \$78.99	ISBN-13: 9781909141865
Release Date: 28/09/2021	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: B&W Throughout	Pages: 208



Embodiment the Skeleton

By Taylor Mark
HANDSPRING



Aston Postural Assessment

By Aston Judith
HANDSPRING

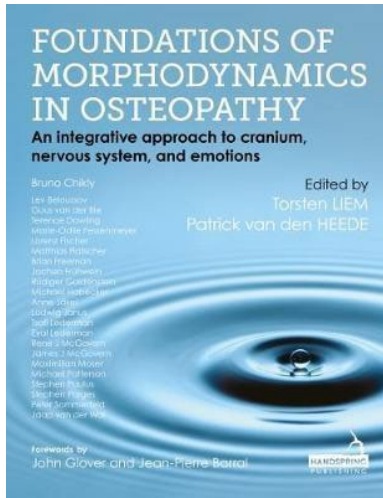


Somatic Movement Education allows efficient movement patterns to replace inefficient ones, resulting in ease of movement, more functional postural alignment, and the creation of space for the healing response of cellular and tissue reorganization. This book provides clear experiential guidance for embodiment of the skeletal system.

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.

AUD RRP: \$66.99	ISBN-13: 9781912085095
Release Date: 18/03/2019	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: B&W Throughout	Pages: 212

AUD RRP: \$83.99	ISBN-13: 9781912085347
Release Date: 10/02/2020	Discount: Acad & Professional
Format: Paperback	Size: 278 X 217
	Pages: 256



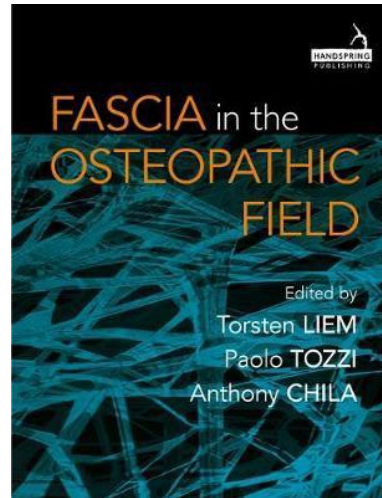
Foundations of Morphodynamics in Osteopathy

By Liem Torsten
HANDSPRING



In 35 chapters written by the editors and a team of internationally renowned contributors the book covers the underlying principles of osteopathic palpation from a biodynamic and 'morphodynamic' perspective, and their application in the cranial field and the spinal cord. It emphasises the importance of considering not just the patient's physical self, but also the inner consciousness.

AUD RRP: \$207.00	ISBN-13: 9781909141247
Release Date: 31/05/2017	Discount: Acad & Professional
Format: Hardback	Size: 250 X 200
Illustration: B&W Throughout	Pages: 720



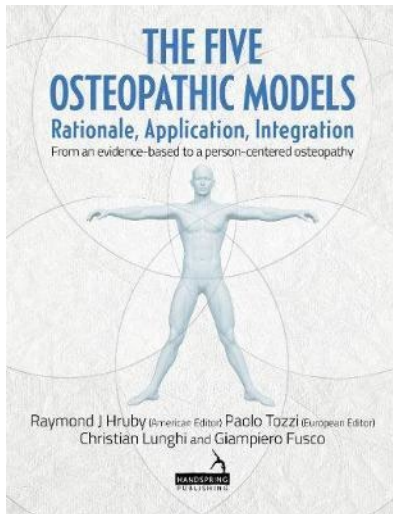
Fascia in the Osteopathic Field

By Liem Torsten
HANDSPRING



The book aims to enable osteopaths - and other manual practitioners/bodyworkers - to understand the importance of fascia and its relevance to their work. By providing a comprehensive textbook covering history, nature and properties [function] of fascia, and covering all aspects of osteopathic management of disorders.

AUD RRP: \$188.00	ISBN-13: 9781909141278
Release Date: 11/06/2017	Discount: Acad & Professional
Format: Paperback	Size: 246 X 190
Illustration: Colour Section(S)	Pages: 632



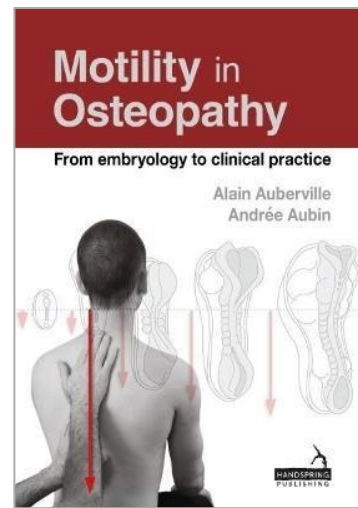
The Five Osteopathic Models

By Hruby Ray
HANDSPRING



This book is intended as a manual for both students and osteopathic professionals interested in exploring the principles, objectives, origins and application of the five osteopathic models.

AUD RRP: \$143.00	ISBN-13: 9781909141681
Release Date: 03/10/2017	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
	Pages: 420



Motility in Osteopathy

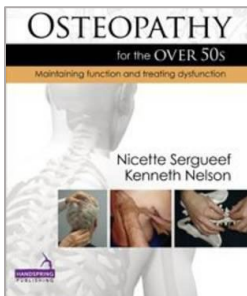
By Auberville Alain
HANDSPRING



Motility, relating to the vital energy of the human tissues, is a basic concept in osteopathy. This book presents a simple and systematic definition of motility, based on the movement of all of the body's structures during embryogenesis.

AUD RRP: \$71.99	ISBN-13: 9781909141667
Release Date: 17/07/2017	Discount: Acad & Professional
Format: Paperback	Size: 240 X 170
Illustration: Colour Section(S)	Pages: 168

Osteopathy for the Over 50s



Sergueef Nicette

Osteopathy for the Over 50s provides a study of the biomechanics and physiology of somatic dysfunction as it relates to those who have reached the age of 50. Although textbooks on the subject of osteopathy have been available for over 100 years, there is little material specifically addressing the treatment of adults in this demographic group, despite the increase in their numbers. In this book the authors – describe the diagnosis of somatic dysfunction and the application of osteopathic manipulative treatment specifically as it relates to this age group. – consider the relevance of the somatic function and dysfunction in multiple clinical areas including cardiology, pulmonology, gastroenterology, urology, neurology and rheumatology.

HANDSPRING

AUD RRP: \$167.00

ISBN13: 9781909141094

Release Date: 11/06/2014

Discount: ACAD & PROFESSIONAL

Format: Hardback

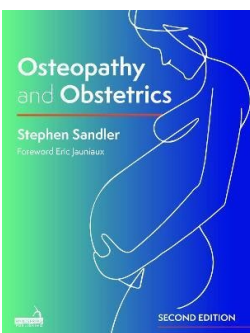
Pages: 384

Size: 246 X 189

Illustrations: B&W THROUGHOUT



Osteopathy and Obstetrics



Sandler Stephen

Osteopathy and Obstetrics is already well-established as a textbook for postgraduate and undergraduate students of osteopathy. In this new edition, now in full color throughout, the original text has been revised to emphasise the physiological need for change that every pregnant woman undergoes, as well as showing the consequential anatomical developments. This revised and expanded version also gives greater emphasis in every chapter to safety issues, and to ensuring safe practice in diagnosis and treatment. The text is divided into three main sections: Above the Diaphragm, Below the Diaphragm and the Pelvis. It describes and explains the use of all types of osteopathic techniques including structural techniques, myofascial techniques, cranial techniques and visceral techniques. Osteopaths, chiropractors, physical therapists, and others working in the manual therapy field, will find the book invaluable for reference as a practical technique manual.

HANDSPRING

AUD RRP: \$93.99

ISBN13: 9781913426231

Release Date: 22/12/2021

Discount: ACAD & PROFESSIONAL

Format: Hardback

Pages: 300

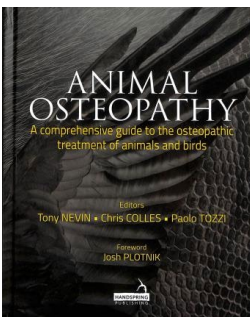
Size: 250 X 195

Illustrations: COLOUR SECTION(S)



NEW RELEASE

Animal Osteopathy



Nevin Anthony

This is a comprehensive reference textbook for all those using osteopathic treatment techniques with animals or birds or studying to do so. The book is divided into sections: equine osteopathy; general small animal osteopathy; osteopathy for exotics- (pets such as tortoise, snakes, ferrets etc); osteopathy for wildlife - native as well as non to the UK including species found in most zoological collections; avian osteopathy - both domestic and wild/exotic. Each section covers information specific to that group. This makes the book appropriate for supporting structured post-graduate university validated courses in a clear and easily navigable way. Content includes detailed sections on the differences encountered when working with animals; 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.

HANDSPRING

AUD RRP: \$285.00

ISBN13: 9781909141308

Release Date: 20/04/2020

Discount: ACAD & PROFESSIONAL

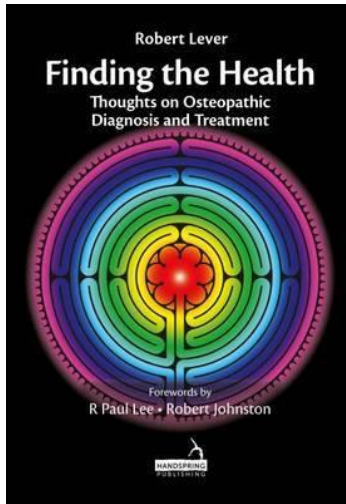
Format: Hardback

Pages: 478

Size: 250 X 195

Illustrations: COLOUR SECTION(S)





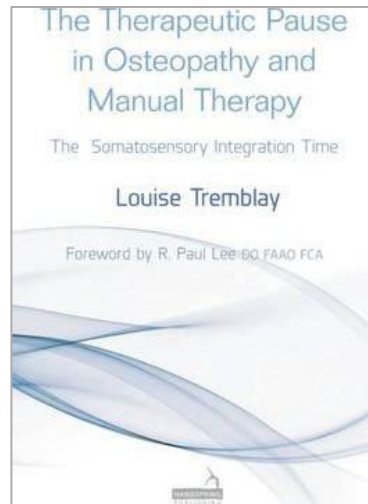
Finding the Health

By Lever Robert
HANDSPRING



An account by a master teacher and practitioner of how, through a profound understanding and application of what osteopathy really is and should be, the clinician can 'find the health' rather than simply confronting disease.

AUD RRP: \$71.99	ISBN-13: 9781909141742
Release Date: 20/02/2017	Discount: Acad & Professional
Format: Hardback	Size: 230 X 155
Illustration: B&W Throughout	Pages: 128



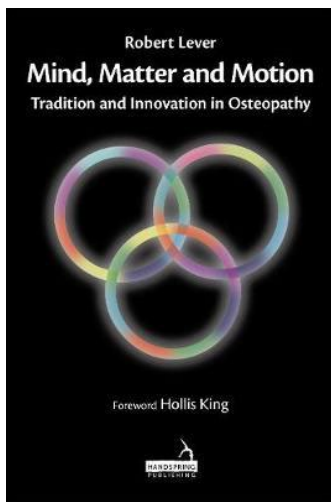
The Therapeutic Pause in Osteopathy and Manual Therapy

By Tremblay Louise
HANDSPRING



This book is about understanding 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.

AUD RRP: \$62.99	ISBN-13: 9781909141360
Release Date: 23/02/2016	Discount: Acad & Professional
Format: Paperback	Size: 235 X 155
Pages: 120	



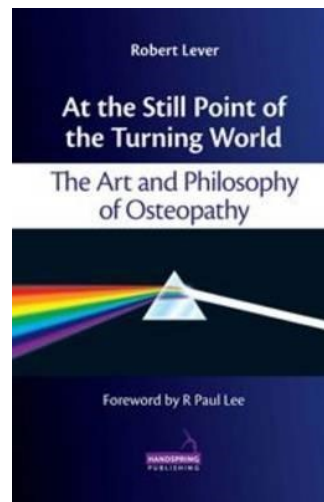
Mind, Matter and motion

By Lever Robert
HANDSPRING



This book is an adventurous foray into the subtle aspects of osteopathic diagnosis and treatment, the 'energetic' dimension in relation to the Lesion, the patient/practitioner exchange and touch; the clinical 'art' and the alchemy of practice.

AUD RRP: \$59.99	ISBN-13: 97819121085873
Release Date: 27/04/2020	Discount: Acad & Professional
Format: Hardback	Size: 240 X 165
Pages: 100	



At the Still Point of the Turning World

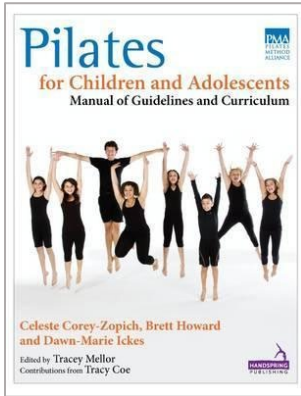
By Lever Robert
HANDSPRING



Examines the history and development of osteopathy and its place in modern healthcare. Describes the complex range of skills which combine to make osteopathy a unique and effective therapy. Written by a highly regarded practitioner and teacher with over 40 years of experience.

AUD RRP: \$83.99	ISBN-13: 9781909141063
Release Date: 03/02/2014	Discount: Acad & Professional
Format: Paperback	Size: 230 X 155
Illustration: B&W Throughout	Pages: 204

Pilates for Children and Adolescents



Corey-Zopich Celeste

Pilates for Children and Adolescents is the first comprehensive manual of guidelines and formal curriculum for teaching Pilates to young people. This book includes: -Guidelines for teaching Pilates to young people - Why Pilates is beneficial for children age 6 - 11 and adolescents age 12 - 19 -Crucial anatomical and cognitive development considerations for working with young people -Additional relevant topics designed to equip the Pilates teacher with tools for creating relevant and safe programs for different age ranges, such as: -safety considerations, exercise contraindications, scope of practice, and ethics -considerations for working in a variety of environments within both the public and private sectors -age appropriate exercises from the Pilates repertoire -a formal curriculum for teaching Pilates in schools including sample lesson plans -appendices which cover working with children with special needs, Pilates in the Schools pilot study results, and resources.

HANDSPRING

AUD RRP: \$94.99

ISBN13: 9781909141124

Release Date: 21/07/2014

Discount: ACAD & PROFESSIONAL

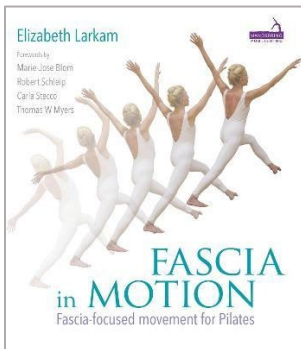
Format: Paperback

Pages: 192

Size: 245 X 190



Fascia in Motion



Larkam Elizabeth

This beautifully illustrated volume provides a comprehensive guide to fascia-focused movement in original and contemporary Pilates mat, reformer, and studio applications. Each of the book's 14 chapters illustrates how each principle of fascia-focused movement is expressed in Pilates exercise. In addition to a comprehensive exercise compendium, Fascia in Motion includes chapters on specialized applications of fascia-focused movement in Pilates including Pilates fascia-focused movement for aging well, Pilates fascia-focused movement for computer posture, Pilates fascia-focused movement for osteoporosis and Pilates fascia-focused movement for hip and knee replacement. The text is supplemented with links to video of Elizabeth Larkam demonstrating each of the exercises personally.

HANDSPRING

AUD RRP: \$114.00

ISBN13: 9781909141285

Release Date: 28/12/2017

Discount: ACAD & PROFESSIONAL

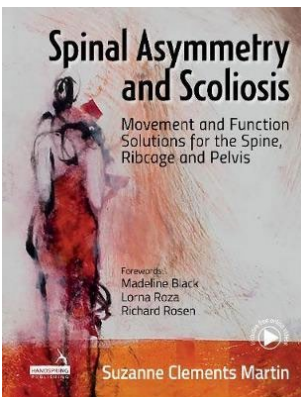
Format: Paperback

Pages: 380

Size: 250 X 280



Spinal Asymmetry and Scoliosis



Martin Suzanne Clements

Dr Martin's book provides a theoretical framework and specific progressive exercises in the Pilates environment in their work with those individuals who have asymmetries of the spine, ribcage and pelvis associated with conditions such as scoliosis. This book helps Pilates instructors who want to move beyond basic certification to work safely and effectively with those who have structural and functional asymmetries. The many musculoskeletal ramifications of spinal asymmetry are explained, based on relevant anatomy and current theories of causes of deformity, thus throwing light on an often-confusing topic. A developed framework offers practical solutions that will further the body of knowledge in the specialized education of Pilates instructors by enabling them to learn a safe and systematic method of instructing those with scoliosis. This framework helps instructors administer individualized Pilates exercise progressions.

HANDSPRING

AUD RRP: \$83.99

ISBN13: 9781909141728

Release Date: 24/01/2019

Discount: ACAD & PROFESSIONAL

Format: Paperback

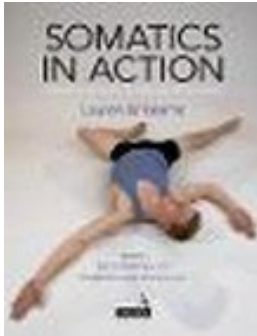
Pages: 252

Size: 245 X 190

Illustrations: B&W THROUGHOUT



Somatics in Action



Kearns Lauren

Somatics in Action describes a Pilates, yoga, and dance inspired movement system that helps movers achieve optimum strength, skeletal alignment, and body-mind engagement. The book integrates the Pilates principle of strengthening abdominal and spinal musculature to support postural stability and balance with alignment-based yoga's principle of proper physical placement and an understanding of anatomical structure. Three additional concepts that contribute to the foundation of SIA are imagery, experiential anatomy, and body integration. This work focuses on dancers consistently engaging with their body and mind's inner wisdom, not only in quiet moments of reflection, but also in the very active moments of moving, dancing and creating. Somatics in Action details the unique movement theory and practice developed by the author. The book blends yoga, Pilates, experiential anatomy, body integration and imagery into a comprehensive, rigorous and creative pedagogical tool for educators and dancers.

HANDSPRING

AUD RRP: \$75.99

ISBN13: 9781909141643

Release Date: 24/12/2017

Discount: ACAD & PROFESSIONAL

Format: Paperback

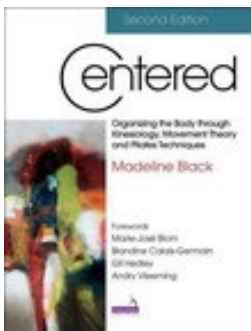
Pages: 256

Size: 245 X 190

Illustrations: B&W THROUGHOUT



Centered 2/e



Black Madeline

The second edition of Centered offers movement practitioners an interdisciplinary approach to physical training that combines the newest advances in science, adaptative biotensegrity principles, and the synthesis of Pilates, yoga, Gyrotonic (R) and fitness disciplines integral to the Madeline Black Method (TM). It clearly explains the complex system of human movement patterns based on gait, weaving together movement science, embodiment practices, movement re-education, and manual skills techniques. The text is generously illustrated with 476 colour photos and 25 new colour illustrations that together provide movement practitioners with the knowledge and practical exercises to advance their work through the most effective structural and functional movement practices for their clients. Centered 2e is also applicable for the client who wishes to experience their body and develop self-help movement and mindful strategies..

HANDSPRING

AUD RRP: \$107.00

ISBN13: 9781912085958

Release Date: 01/08/2022

Discount: ACAD & PROFESSIONAL

Format: Paperback

Pages: 400

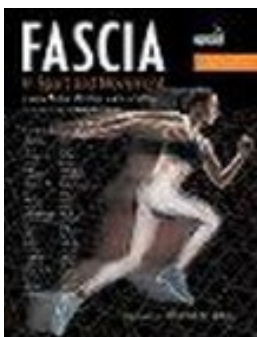
Size: 245 X 190

Illustrations: COLOUR SECTION(S)



NEW RELEASE

Fascia in Sport and Movement 2/e



Schleip Robert

Fascia in Sport and Movement, second edition is a multi-author book with contributions from 51 leading teachers and practitioners across the entire spectrum of bodywork and movement professions. It provides professionals from all bodywork and movement specialisms with the most up-to-date information they need for success in teaching, training, coaching, strengthening, tackling injury, reducing pain, and improving mobility. The new edition has 21 new chapters, and chapters from the first edition have been updated with new research. This book is an essential resource for all bodywork professionals - sports coaches, fitness trainers, yoga teachers, Pilates instructors, dance teachers and manual therapists.

HANDSPRING

AUD RRP: \$161.00

ISBN13: 9781912085774

Release Date: 24/06/2021

Discount: ACAD & PROFESSIONAL

Format: Paperback

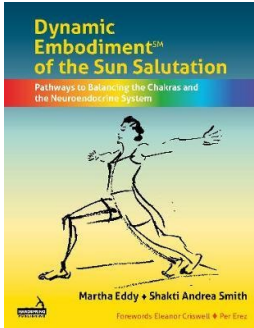
Pages: 636

Size: 245 X 190

Illustrations: COLOUR SECTION(S)



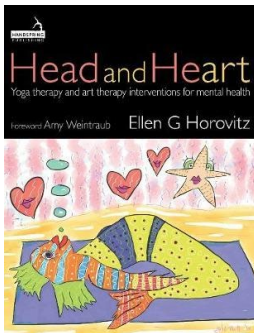
Dynamic Embodiment of the Sun Salutation

**NEW RELEASE***Eddy Martha*

Dynamic Embodiment of the Sun Salutation: Pathways to Balancing the Chakras and the Neuroendocrine System guides you to do the Sun Salutation with more ease by integrating awareness of glandular and chakral embodiment cues and neuro-developmental movement. Everything in this book can be applied to your personal practice and overall health, or to teaching others. It offers a soft, organic yet powerful approach to being in the poses and transitioning between them. What you will learn is effective and surprising. There is tangible mystery in accessing this ability, which we all have, to embody the endocrine system and the related energy fields. By working with the endocrine system and their correlations with the chakras we are grounding the subtle within the physical body. Learn about the dynamic combination of the specific electrical and systemic circulatory nature of the neuroendocrine system. Discover how the anatomical placement of the glands and the spatial tensions (or tensegrity) surrounding them are the natural bridge to activating the energy needed for a fulfilling life.

HANDSPRING**AUD RRP:** \$77.99**ISBN13:** 9781912085996**Release Date:** 23/01/2022**Discount:** ACAD & PROFESSIONAL**Format:** Paperback**Pages:** 252**Size:** 245 X 190**Illustrations:** B&W THROUGHOUT

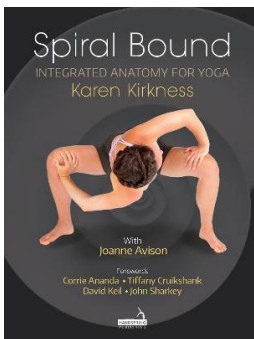
Head and Heart

**NEW RELEASE***Horovitz Ellen*

Envisioned as a resource for yoga teachers and all mental health and health professionals, Head and Heart is intended for all health professionals who focus on mental health and/or wellbeing and want to broaden their understanding of how yoga and creative art therapy interventions can influence mental health approaches, best practices, and efficacy of treatment, those who assist the therapeutic /healing processes who aspire to incorporate both yoga and creative art therapy interventions into their practice, yoga therapy practitioners/teachers and creative art therapists/teachers who wish to deepen their knowledge of integrating yoga and creative art approaches into yoga, mental health and well-being. Western psychological processes make this book accessible even to those unfamiliar with yogic philosophy and psychology.

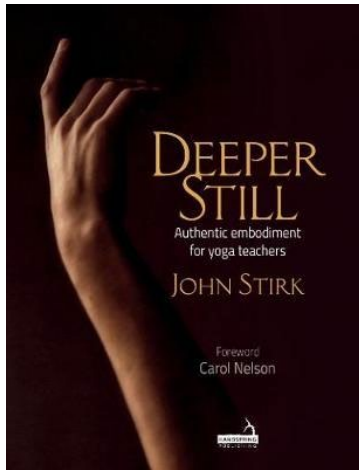
HANDSPRING**AUD RRP:** \$89.99**ISBN13:** 9781912085835**Release Date:** 28/09/2021**Discount:** ACAD & PROFESSIONAL**Format:** Paperback**Pages:** 248**Size:** 275 X 220**Illustrations:** COLOUR SECTION(S)

Spiral Bound

**NEW RELEASE***Kirkness Karen*

Spiral Bound explores the potential for yoga as a healing modality by examining the body's anatomical structure as it has evolved embryonically. With a light touch approach, Karen weaves together threads of development to see how our morphological constraints arise in the earliest moments of life and how this rotation lays the spiral groundwork for rotational kinematics that encompass all tissue. This book sets out to link theory with practice, all at a conversational level richly illustrated with full-colour photographs and drawings that bring the biomotion to life for practitioners and teachers of yoga. This book for anyone seeking to simplify the parts-list pedagogy of classical anatomy with contemporary research in fascia literature for an integrated approach especially suitable to postural yoga.

HANDSPRING**AUD RRP:** \$90.99**ISBN13:** 9781912085033**Release Date:** 26/12/2021**Discount:** ACAD & PROFESSIONAL**Format:** Paperback**Pages:** 280**Size:** 245 X 190**Illustrations:** COLOUR SECTION(S)



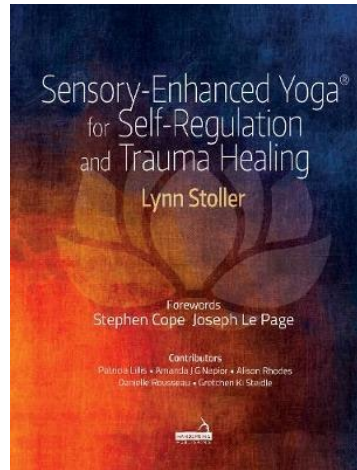
Deeper Still

By *Stirk John*
HANDSPRING



Deeper Still is the next stage of an ongoing process and a consequence of further inquiry into the yoga experience from author John Stirk. Following on from The Original Body this book invites an even deeper immersion into the reality of practice and the totality of personal experience in accessing the power of our inner teacher.

AUD RRP: \$75.99	ISBN-13: 9781912085712
Release Date: 13/04/2021	Discount: Acad & Professional
Format: Paperback	Size: 244 X 290
Illustration: Colour Section(S)	Pages: 196



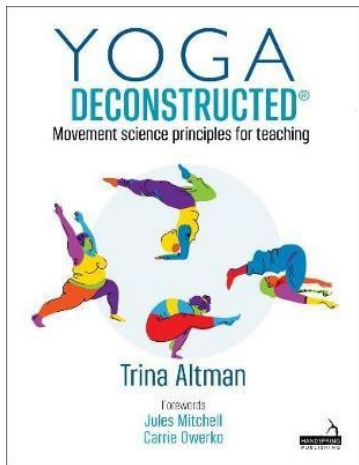
Sensory-Enhanced Yoga for Self-regulation and Trauma Healing

By *Stoller Carolyn*
HANDSPRING



Lynn Stoller, OT, MS, OTR, C-IAYT, RYT500, E-RYT200 and outstanding expert contributors skilfully synthesize theoretical concepts and research findings from the fields of occupational therapy, trauma psychology, neuroscience, and traditional Eastern yogic philosophy to produce a Transdisciplinary Model for Post-Traumatic.

AUD RRP: \$83.99	ISBN-13: 9781912085132
Release Date: 30/10/2019	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: B&W Throughout	Pages: 296



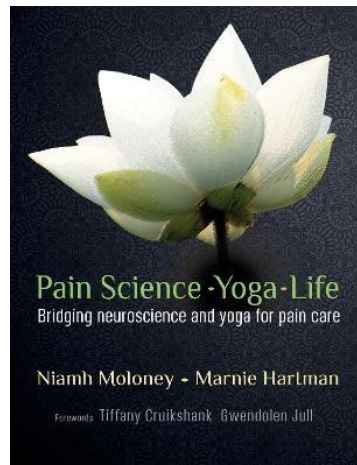
Yoga Deconstructed

By *Altman Trina*
HANDSPRING



Many people are drawn to a physical yoga practice as a way to reduce stress and move more. However, because most of their time is spent at a desk, their bodies are often not prepared to perform many of the traditional physical poses. Additionally, naturally flexible people will be drawn to the practice, because it comes easily to them.

AUD RRP: \$71.99	ISBN-13: 9781912085446
Release Date: 15/02/2021	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: B&W Throughout	Pages: 288



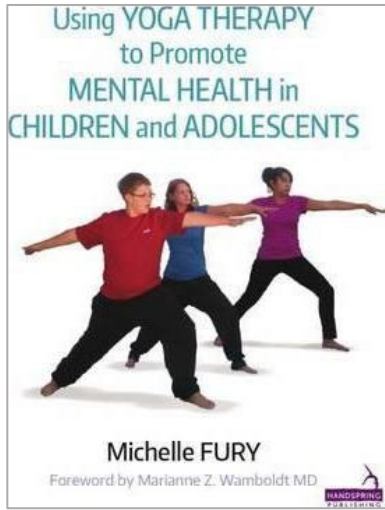
Pain Science - Yoga - Life

By *Moloney Niamh*
HANDSPRING



Pain Science Yoga Life combines the neuroscience of pain with yoga philosophy and practice for pain care. Rooted in evidence-based practice, this book is a unique blend of the science of pain, the art and science of yoga and its practical application. It aims to bridge the gap that exists between a person in pain.

AUD RRP: \$71.99	ISBN-13: 9781912085583
Release Date: 10/11/2020	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Pages: 176	

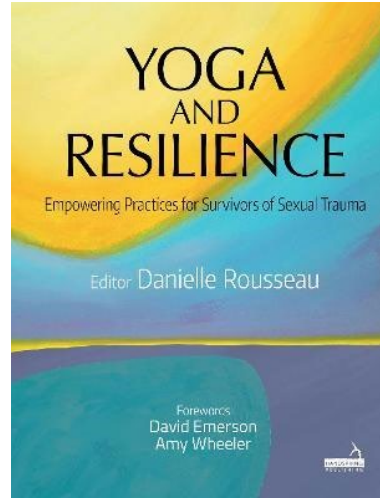


Using Yoga Therapy to Promote Mental Health in Children and Adolescents

By **Furie Michelle**
HANDSPRING



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Yoga and Resilience: Empowering Practices for Survivors of Sexual Trauma

By **Rousseau Danielle**
HANDSPRING



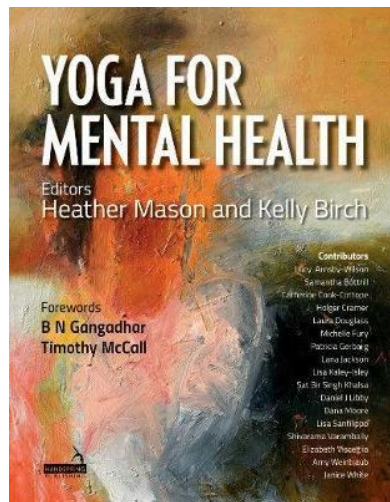
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The book will outline a framework of clinical yoga therapy practice for mental health problems that addresses the whole child, rather than solely their symptoms. As such, collections of behaviours and clinical symptoms that have tended to co-occur in children will be discussed, illustrated with an index of all asanas, pranayamas, and more.

Yoga and Resilience is part of a larger series put out by the Yoga Service Council in collaboration with the Omega Institute. To date, there have been three texts published: Best Practices for Yoga in Schools, Best Practices for Yoga with Veterans, and Best Practices for Yoga in the Criminal Justice System.

AUD RRP: \$66.99	ISBN-13: 9781909141193
Release Date: 10/08/2015	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: B&W Throughout	Pages: 144

AUD RRP: \$83.99	ISBN-13: 97819121085934
Release Date: 20/09/2020	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
	Pages: 288

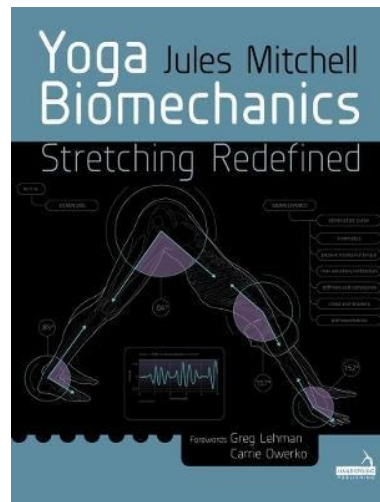


Yoga for Mental Health

By **Mason Heather**
HANDSPRING



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Yoga Biomechanics

By **Mitchell Jules**
HANDSPRING



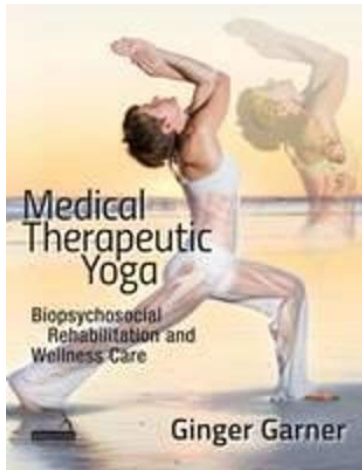
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This book is a guide to how and why yoga can be used as an adjunct treatment in mental health. The format is designed for consistency and ease of reading. Chapter 1 introduces the reader to the yogic viewpoint of mental health and wellbeing.

Yoga Biomechanics: Stretching Redefined provides a unique evidence-based exploration into the complexities of human movement and what a safe, effective yoga practice entails. The emphasis is taken off flexibility and centered around a narrative of body tissue adaptation.

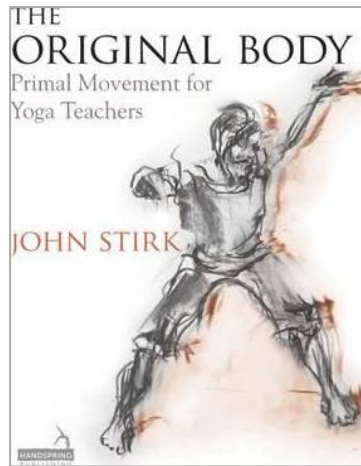
AUD RRP: \$83.99	ISBN-13: 9781909141353
Release Date: 24/01/2019	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
	Pages: 244

AUD RRP: \$94.99	ISBN-13: 9781909141612
Release Date: 23/05/2019	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: B&W Throughout	Pages: 272



Medical Therapeutic Yoga

By Garner Ginger
HANDSPRING



The Original Body

By Stirk John
HANDSPRING

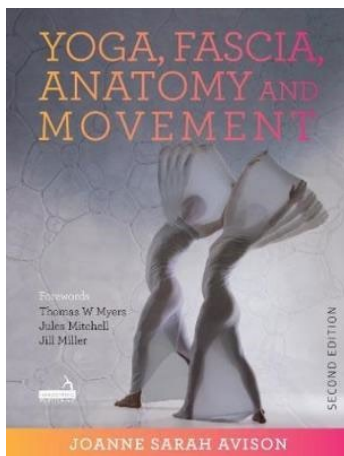


This book brings a large body of work, known as medical therapeutic yoga (MTY), to health professionals and yoga teachers so they can apply yoga postures to treat acute and chronic disease processes. MTY is based on integrative medicine's biopsychosocial model of care, a patient-centered approach.

This book enables yoga teachers to inform and enrich their teaching by deepening their practice. "The Original Body" suggests that cultivating the ability to feel more deeply and intelligently into oneself while supported by sound physiological principles provides the essential basis upon which all teaching skills are founded.

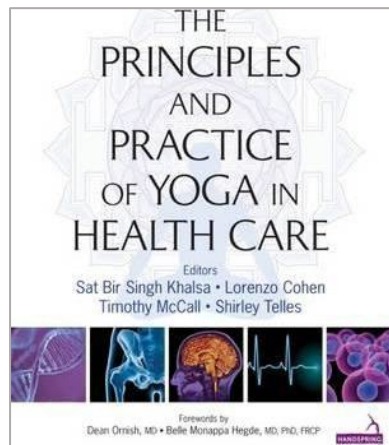
AUD RRP: \$89.99	ISBN-13: 9781909141131
Release Date: 01/01/2017	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: B&W Throughout	Pages: 392

AUD RRP: \$75.99	ISBN-13: 9781909141254
Release Date: 13/12/2015	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Pages: 224	



Yoga, Fascia, Anatomy and Movement 2/e

By Avison Joanne
HANDSPRING



Principles and Practice of Yoga in Health Care

By Khalsa Sat Bir
HANDSPRING

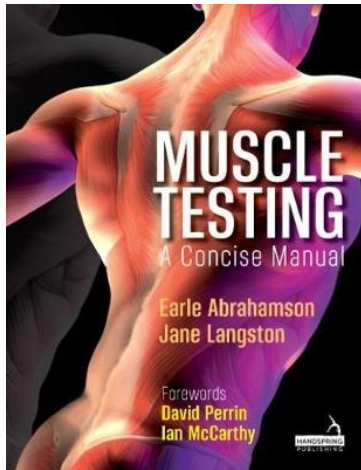


"From Anatomy to Architecture, from Biomechanical to Biomotional and from Classical to Connected "- speaks to all bodies, in all modalities; in a world seeking unity and connection more than ever. Yoga, Fascia, Anatomy and Movement was written partly as an appeal for Yoga Teachers to appreciate the depth and breadth of Yoga.

The Principles and Practice of Yoga in Health Care is a professional-level textbook with contributions by multiple expert researchers and therapists in the field. This book brings together the science and the practice of yoga therapy supports the emergence of yoga therapy as a credible profession.

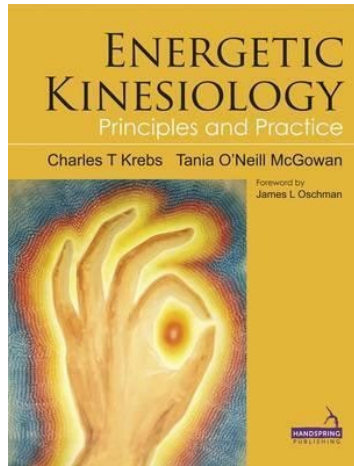
AUD RRP: \$122.00	ISBN-13: 9781913426040
Release Date: 09/08/2021	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Pages: 436	

AUD RRP: \$124.00	ISBN-13: 9781909141209
Release Date: 28/07/2016	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: B&W Throughout	Pages: 320



Muscle Testing

By *Abrahamson Earle*
HANDSPRING



Energetic Kinesiology

By *Krebs Charles*
HANDSPRING



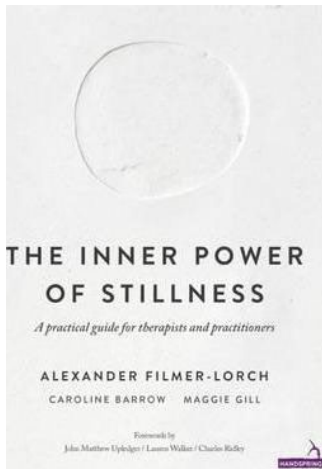
Muscle testing - A Concise Manual, provides a reference for understanding how structure relates to function, and how by knowing function we can learn structural configurations.

Energetic Kinesiology is an emerging field internationally in the Complementary Health Sciences, gaining more and more scientific support and recognition. This fully referenced textbook describes the field and explains the techniques upon which it is built.

AUD RRP: \$71.99	ISBN-13: 9781912085651
Release Date: 26/01/2020	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: Colour Section(S)	Pages: 184

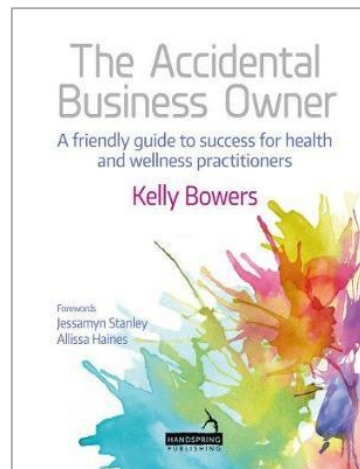
AUD RRP: \$114.00	ISBN-13: 9781909141032
Release Date: 05/03/2014	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: B&W Throughout	Pages: 372

THERAPIST RESOURCES



The Inner Power of Stillness

By *Filmer-Lorch Alexander*
HANDSPRING



The Accidental Business Owner - a friendly guide to success for health a

By *Bowers Kelly*
HANDSPRING



The Inner Power of Stillness illuminates the lost value of stillness for the individual therapist or practitioner, both as a person and as a professional. It provides practical knowledge that will revolutionise the way practitioners help others: Working from a greater perspective, being aware of the whole as well as the parts, and responding to the cause and not only the effect.

This book provides guidance to give the reader a head for business while maintaining their heart for their work. Filled with practical real-world explanations of basic business skills, it is written with warmth, humor, and an appreciation for the heart-led work of everyone in the health and wellness world.

AUD RRP: \$70.99	ISBN-13: 9781909141339
Release Date: 15/11/2016	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: B&W Throughout	Pages: 276

AUD RRP: \$75.99	ISBN-13: 9781909141889
Release Date: 10/12/2018	Discount: Acad & Professional
Format: Paperback	Size: 245 X 190
Illustration: B&W Throughout	Pages: 248



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9781912085569	Capistrant Todd	The Fascial Distortion Model	HND	107.00	F	
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