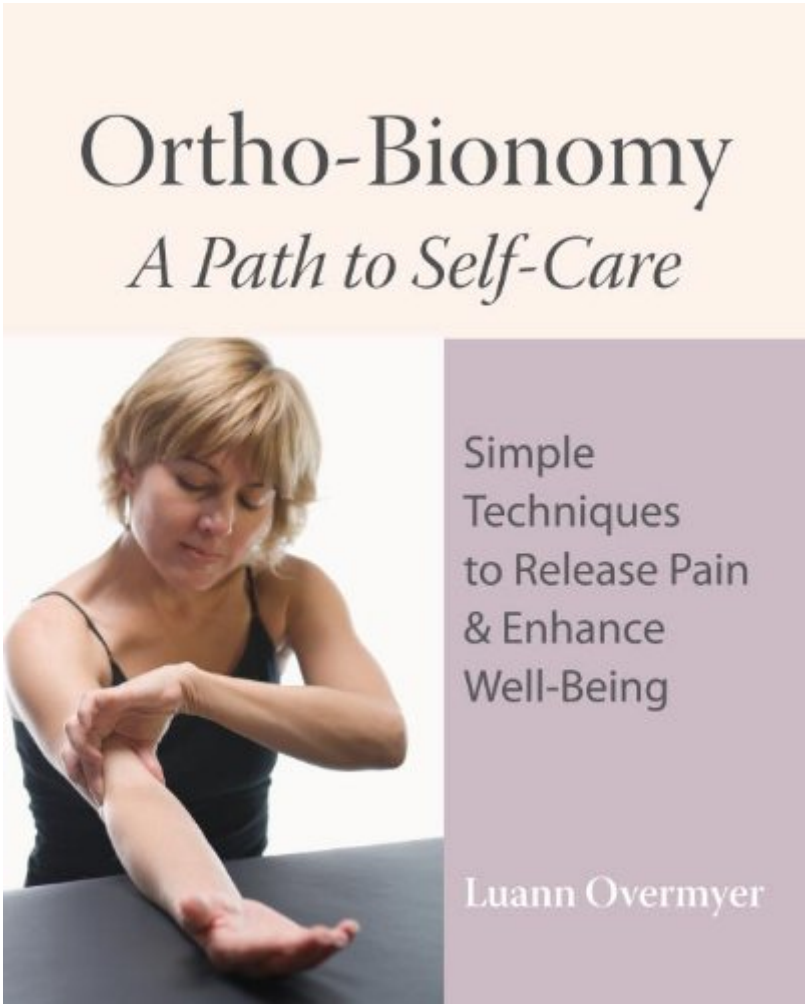
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# Ortho-Bionomy: A Path To Self-Care




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## Synopsis

Ortho-Bionomy is based on the premise that the body inherently knows how to heal and self-correct, given the opportunity. This user-friendly self-help guide by one of the pioneers of the approach presents positions, postures, and movements designed to release tension and ease pain. Not only are the techniques simple to perform, but they can be done on oneÃ¢â ¬â„¢s own, without the use of special equipment. Positions for each part of the body are clearly described in lay terms and illustrated with photos and drawings. Selected topics include low back, hip and knee pain, neck, shoulder, and rib releases, repetitive strain injuries, and arthritic pain in the hands. Quick fixes for sciatica, suggestions for dealing with menstrual cramps, and gentle movement exercises to address posture, scoliosis, and flexibility of the spine are just a few among 150 techniques described. The book also includes simple movements and exercises to increase ease, function, strength, and flexibility once the pain has subsided. Rounded out with human-interest stories and client examples, this accessible work can be used quickly and effectively by anyonewith pain.

## Book Information

File Size: 17206 KB

Print Length: 345 pages

Publisher: North Atlantic Books; Original edition (November 6, 2012)

Publication Date: November 6, 2012

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B009JUHYMY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #426,213 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #18 inÃ Â Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Osteopathy #98 inÃ Â Books > Medical Books > Medicine > Internal Medicine > Osteopathy #110 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Massage

## Customer Reviews

I never liked paying a physical therapist $40 or more for a single visit and have been looking for a good reference similar to the Positional Release Therapy in order to treat myself, and this book does the job. It is clearly written and I have used a number of the releases repeatedly in the course of starting a yoga program in my late 50’s. I have even gotten up in the middle of the night to use the techniques after a throbbing pain decides to manifest itself in a hip or knee. It is my go-to book, and for the rare occasions when it does not cover what I need I use either Clare Davies Trigger Point Therapy Workbook or the Kerry D’Ambrogio’s Positional Release Therapy - I know they are all different techniques, but they complement each other and overlap. Each of these three costs less than a single PT visit and they all work.

Bought for my wife. She likes it

It was a gift.

Knowing how to do this work for others, I purchased this book to learn more self care.

This is great. Arthur Lincoln Pauls was such an interesting teacher. Like Plato (whom I also never met), I am reliant on his students notes about his ideas / insights / evolving practice. I kept finding myself nodding as I read this, thinking - "Yes, what a good way to put it." Thank you very much Luann Overmyer - this is great. I’ve used your insights for me, and for my human and horse ortho-bionomy clients.

a wonderful resource book. I use it often

The book is an easy read and thorough. O-B works! If you have serious issues Google for the O-B association and find a practitioner. After years of stooping over due to scoliosis and nothing else working. 3 O-B treatments and Mom stands 10 years younger and much pain relief. I was shocked by the good results.

This is NOT a ’massage therapy’ book. It is a useful "how to" book for people with long term physical issues. The author tells in the introduction that she had ’been there- done that’ which is WHY she got into ortho-bionomy.This is well written and perfectly illustrated - a MUST HAVE for people suffering from muscular/skeletal problems.Easy (non-surgical) ways to heal your own bodily

issues.

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