

Bodywork Professional Development introduce their bpd@home range

Unable to attend one of our workshops; an alternative way to meeting your CPD requirements for your Professional Association is to watch and log a Bodywork DVD or read and log a Bodywork book. Why not purchase something from our range?

We stock the following titles. Please note all prices include first class shipping in the UK.

Kousaleos, George



CORE Myofascial Therapy: Full Body Myofascial Spreading & Back Specific

This CORE Myofascial Therapy DVD includes the protocols for the two most-used treatments that are taught in the CORE Myofascial Therapy Certification Program. The video also includes the theories, specific techniques and client-education strategies of CORE Myofascial Therapy.

Part 1 of this DVD teaches the foundational technique of Myofascial Spreading in a full-body treatment format, which improves structural alignment and functional performance. Proper body mechanics, client positioning, educational strategies and optional techniques are also demonstrated. Digital graphics and computer generated 3-D graphics add components that improve learning rate and memory capacity.

Part 2 of this DVD teaches Back Specific, a full session format of deeper techniques that structurally balance paraspinal, scapular, iliofemoral and cervical tissues. Comprised of five sections, each engaging deeper layers of fascia and musculature, clients will experience increased length, flexibility and balance of these vital areas of back, shoulders, hips and pelvis.

Cost: £50

Mattes, Aaron



Active Isolated Stretching: The Mattes Method

The Mattes Method contains over 700 colour photos.

A stretching book teaching the proper mechanics of stretching.

Specific isolated methods of stretching muscles and fascia.

Section on how to perform on your own. Large section on how to assist specifically.

Price: £30

Buy with AIS Active and Assisted DVDs for £70.



Active Isolated Strengthening: The Mattes Method

The Aaron Mattes Method of strength training is highly specific. While it is holistic and treats the body as a unit, its primary characteristic is its capability to break down the body to treat isolated parts. There are protocols for every primary muscle of the body. The book follows the training specificity principle by identifying and resolving specific strength and functional deficits. The Mattes Method then employs full range of motion movements to contract and strengthen targeted muscles while at the same time stretches the opposing muscles. The result is increased muscle strength, joint flexibility and balance across the joints.

Price: £20

Buy with Strengthening DVD for £50.



Active Isolated Stretching: Active Stretching & Assisted Stretching DVDs

Active Stretching DVD demonstrates the self-stretching AIS techniques

Assisted Stretching DVD demonstrates active-assisted AIS techniques.

Simple and interactive approach. **EASY TO FOLLOW**

2-DVD set £50 Also available individually for £30 each.

Buy with Active Isolated Stretching Book for £70.

Active Isolated Strengthening: The Mattes Method 2-DVD set

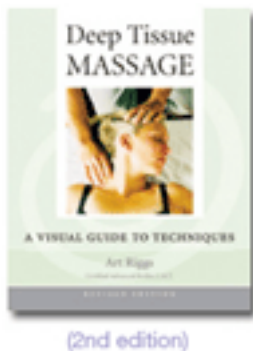
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The Strength DVD is a two disk set, broken down into the different muscle groups. The Upper Body DVD is 59 minutes long and the Lower Body DVD is 1 hour and 28 minutes long. The DVDs are very user friendly and very precise in the instruction and application of each exercise

Price: £40 / Buy with Strengthening Book for £50.



Riggs, Art



Deep Tissue Massage: A Visual Guide to Techniques

This Clinical Bodywork Massage Book is designed for both new therapist training and continuing education in deep tissue myofascial techniques.

New practitioners will learn countless techniques to make their work more effective and fun. **Experienced therapists** in myofascial release, bodywork, physical therapy, and clinical massage enthusiastically praise Art Rigg's massage therapy books and videos for expanding their skills.

Unlike many other massage therapy books, Art Riggs targets both new practitioners and specialists experienced in their fields. Over 225 pages, 250 photographs and 50 detailed anatomy illustrations clearly illustrate hundreds of effective therapeutic massage techniques.

BOOK CONTENTS:

- Cultivating touch & biomechanics to work safely for yourself & your clients
- Techniques using fingers, knuckles, fists, forearms, and elbows to work tissues with maximum efficiency and a minimum of effort.
- Body positioning and techniques for effective release of tension.
- Specific treatment suggestions for common complaints & injuries including stretching and strengthening protocols for your clients to use at home.

A Visual Guide to Techniques is not a training recipe book to be followed blindly, but with proper training can be molded to your style, your personality, and the needs of your clients so that you may express your own unique creativity while deepening your practice.

Price: £20 / Buy with Deep Tissue Massage and Myofascial Release: A Video Guide to Techniques for £170.



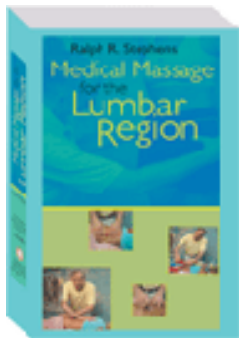
Deep Tissue Massage and Myofascial Release: A Video Guide to Techniques

These seven DVDs act as a companion to our [Massage Therapist Manual: A Visual Guide to Techniques](#). The set is designed as a full study clinical training course for massage therapists wishing to expand their skills. Schools and college have used the book and DVD series as the basis for massage training programs of over 100 hours length. This extensive training series not only shows countless strokes and techniques, but will, more importantly, demonstrate the qualitative art of working with deep tissues to effect profound change.

This extensive training series not only shows countless strokes and techniques, but will, more importantly, demonstrate the qualitative art of working with deep tissues to effect profound change.

Price: £160 / Buy with Deep Tissue Massage book for £170.

Stephens, Ralph



Medical Massage for the Lumbar Region

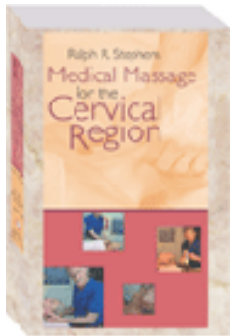
A full 90 minute program for a complete medical massage routine for the posterior lumbar region with the patient in the prone position.

Low back pain strikes most people and is one of the most common reasons people try massage therapy. This program will help you better serve the needs of this huge market.

Price: £40

Buy with Cervical Region for £70

Buy with Cervical Region and Lower Extremity for £100



Medical Massage for the Cervical Region

89 minutes

This video teaches you a complete routine for the posterior, lateral and anterior cervical muscles to help you treat headaches, neck strains and whiplash.

Price: £40

Buy with Lumbar Region for £70

Buy with Lumbar Region and Lower Extremity for £100



Therapeutic Sports Massage for the Lower Extremity

Warm-up, examination, treatment and closure techniques for hip, thigh, leg and foot. Discusses many common complaints in these areas. This excellent treatment for the lower body will help you with athletes and non-athletes alike. Covers prone and supine. Learn how to help people who have the conditions of plantar-fasciitis, ankle sprains, knee pain, hip pain, sciatic pain, and more.

Price: £40

Buy with Lumbar Region and Cervical Region for £100



Medical Massage for the Abdominal Wall

This special 2 DVD set provides 2 hours of techniques for the most under-treated area of the body. Virtually every movement, every postural distortion, and most pain complaints involve the abdominal wall. Be the first in your area to provide this new level of therapeutic effectiveness. Also contains quick, easy, general techniques for relaxation massage.

Price: £50

Buy with Shoulder Girdle for £80



Medical Massage for the Shoulder Girdle

The complete upper torso video you've been waiting for!

2 hours of techniques, clearly filmed and explained to help you better understand and address shoulder problems. Chaptered by muscle or muscle group, with state of the art audio and video production, this is an invaluable educational program for therapists who address pain, posture, and injuries.

This DVD covers the anterior shoulder and upper arm with the patient in the supine position including the biceps, deltoid, pectoralis major & minor, anterior serratus, and subscapularis muscles. With the patient prone, the posterior shoulder and upper back muscles are thoroughly covered including supraspinatus, infraspinatus, teres major & minor, latissimus dorsi, rhomboid, serratus posterior superior, erector spinae, trapezius, superior angle of the scapula, and triceps.

You will learn how to address common shoulder complaints such as rotator cuff injuries, frozen shoulder, bursitis, and much, much more.

Help more people by investing in this valuable training program.

Price: £40

Buy with Abdominal Wall Set for £80

Schleip, Robert



The Nature of Fascia

A review of recent scientific discoveries.

A Rolfing instructor and Feldenkrais teacher since 1988, Robert became fascinated by the scientific exploration of fascial manipulation. Rather than being a mere passive packing organ, it has become increasingly clear that the fascia plays an important role in myofascial force generation, in tissue stiffness regulation, in pain generation and in proprioception.

Robert is an international expert on fascial research as well as a highly experienced bodyworker. This 40 minute video presentation describes fascia as our richest sensory organ. It covers the 4 types of sensory receptors in fascia, fascial tonicity, elastic recoil and dynamic changes in matrix hydration induced by fascial manipulation by various forms of bodywork treatment.

Price: £15

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All prices are inclusive of first class postage. Please make cheques payable to Nicola Brooks and send to 10 Beechvale Road, Killinchy, Co Down BT23 6PH. Thanks.