



Thai Acupressure: Traditional Thai Physical Therapy

By Noam Tyroler

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Thai Acupressure: Traditional Thai Physical Therapy By Noam Tyroler

Thai Acupressure is the medical branch of the Thai massage. It's Thailand's traditional Physical Therapy.

This comprehensive guide includes: 60 traditional medical formulas for the treatment of orthopedic pains. An Anatomical Atlas that demonstrates the location of 230 acupressure points. Over 200 diagrams and more than 800 photos.

This book will guide you step-by-step through the diagnosis and application of 60 simple, readymade traditional routines used for the treatment of the most common orthopedic ailments such as: Headaches and facial disorders. Neck, shoulder, arm, elbow, and wrist disorders. Ankle, finger, and toe sprains. Middle back, lower back, hip, leg, and knee disorders.

This guide is made for you if you are a practitioner of any of the following: Thai massage, acupressure, physiotherapy, chiropractic, osteopathy, acupuncture, shiatsu, Tuina, Anma, reflexology, deep tissue massage, sport massage, and holistic/Swedish massage.

This guide is also for you if you work as a personal trainer, a fitness room instructor, a Pilates trainer, or a Yoga instructor.

What is Thai acupressure?

It is an ancient Thai medical practice used to treat most human ailments by applying pressure on potent acupressure points and therapy lines. The practitioner uses his thumbs, hands, elbows, and knees to work on the energy channels and therapy points of his client's body.

This book presents the basic teaching of Thai acupressure - the use of readymade point combinations to treat orthopedic ailments. Each treatment routine is based on a set combination of points that treats a specific disorder. Thai acupressure is unknown among most westerners, even those that are familiar with Thai general

massage. Unlike general Thai massage for the whole body, Thai medical acupressure routines are used to treat specific orthopedic pains. These are highly effective treatment routines that are also extremely simple to use.

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Thai Acupressure: Traditional Thai Physical Therapy By Noam Tyroler Bibliography

- Sales Rank: #1623722 in Books
- Published on: 2014-01-20
- Original language: English
- Dimensions: 11.69" h x .75" w x 8.27" l,
- Binding: Paperback

- 360 pages

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Editorial Review

About the Author

Noam Tyroler has been practicing Thai massage since 1989. He served in the years 1995 - 2007 as the head of the department for Thai massage and acupressure at the Reidman College in Tel Aviv - one of the largest schools of complementary medicine in the world. He teaches Practitioners of manual therapy, Traditional Thai Physical Therapy that he named "Thai Acupressure" in courses in America, Europe and Asia.

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