

# Advanced Myoskeletal Techniques

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### **Advanced Myoskeletal Techniques**

Erik Dalton, Ph.D., Certified Advanced Rolfer® founded the Freedom From Pain Institute and created the Myoskeletal Alignment Techniques® to expand traditional deep tissue therapy to include joint biomechanics and osteopathic theory. Dalton's structurally-oriented teachings are designed for all professional pain management and injury practices.

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## **Dalton Technique Tour - Erik Dalton: Myoskeletal Alignment ...**

Dalton myoskeletal alignment techniques a unique hands-on bodywork system designed to restore function, relieve pain, rebalance, and reeducate the body Courses

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The two-disk set includes Dalton's “Dirty Dozen techniques”,

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Myoskeletal Zone Therapy, and Receptor Techniques for difficult necks caused by conditions such as whiplash, migraines, scoliosis, dowager's hump and dural drag. You will also learn immediately applicable muscle/joint modalities.

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## **Myoskeletal Alignment Techniques**

Myoskeletal techniques for hip and back pain include low-force mobilization and graded-exposure stretching. These techniques help the brain recognize and reorganize neural input, resulting in less reactive muscle spasm, less pain and happier clients.

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right or left motor dominance. When the pelvis rotates, pain and...

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### **SRQ Salon & Spa**

The Myoskeletal Alignment Techniques (MAT) brings together the most advanced therapeutic strategies to relieve, and ultimately correct, patterns in the body that lead to pain and deterioration. With MAT therapy, clients can get better & feel better!

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### **2099 ...**

I began my Myoskeletal Alignment Techniques journey after attending a Myoskeletal Workshop in Tucson, Arizona. At the time, I had no understanding of the magnitude this new knowledge and hands-on skills would have on my practice, but I left that weekend with pain management tools I was able to implement in my practice on Monday morning.

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