



Compendium Edition: Clinical Application of Counterstrain

Harmon L. Myers D.O.

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Counterstrain is a powerful tool to treat chronic and acute pain. Its gentle but logical manipulations can affect immediate, often lasting relief, and help maximize the body's natural inclination toward health. Actual case histories and standardized muscle-specific treatment positions bring the author's expertise to beginners and advanced practitioners alike.

In this unique at-a-glance presentation, doctor, author, lecturer, teacher, and nationally recognized master of Counterstrain, Harmon L. Myers, D.O., shares a lifetime of insight and a step-by-step approach for clinicians of all disciplines to quickly and effectively diagnose and treat much of what ails us. Indispensable for preventive care and the whole person approach to wellness.

The *Compendium Edition: Clinical Application of Counterstrain* is a comprehensive resource for students, teachers, clinicians and practitioners in osteopathic manipulation, physical therapy, and integrated medical disciplines.

For more information, visit the Tucson Osteopathic Medical Foundation tomf.org.

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