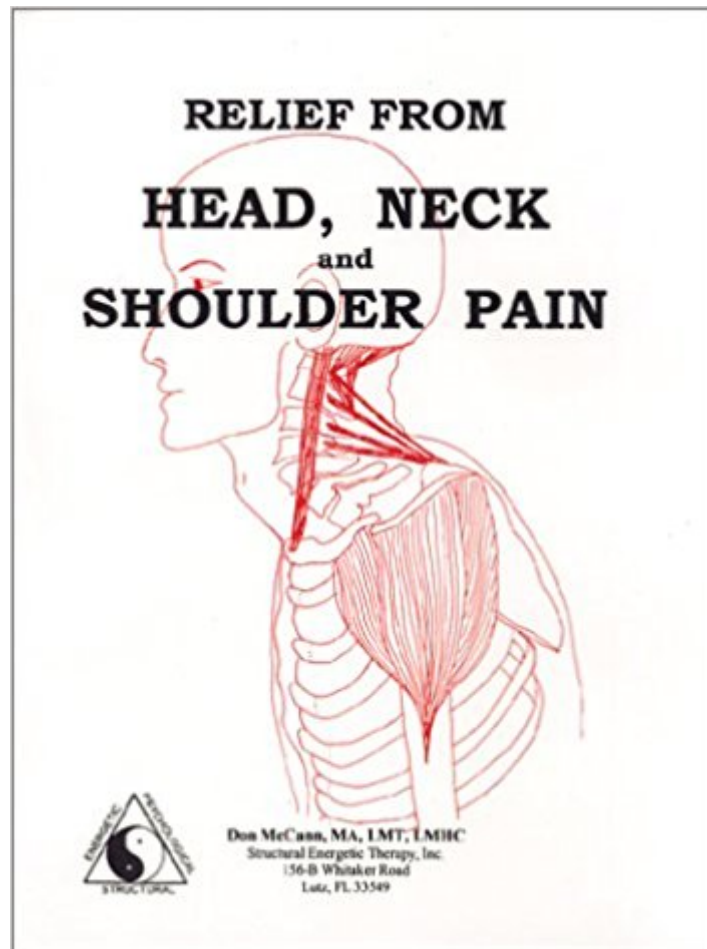




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# Relief From Head, Neck And Shoulder Pain



## Synopsis

A comprehensive presentation of the painful conditions found with the head/neck/and shoulders, case studies, stages of rehabilitation, application of therapies, and more. Two complete treatment protocols are presented in text, anatomical illustrations and photos. (1) The first is the Quick Release Technique which incorporates acupressure, trigger point therapy and craniosacral to relieve headaches, release painful spasms, and prepare clients for deep tissue therapy. It is also a complete and unique therapy in itself. (2) The second is a more in-depth and precise deep tissue protocol to very effectively address headaches and other painful soft tissue conditions with the attainable goal of full rehabilitation.

## Book Information

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## Customer Reviews

DON McCANN, MA, LMT, LMHC, is the creator of SET and has been in private practice for over 25 years in Lutz, FL. He is a Structural Energetic Therapist and teaches Structural Energetic Therapy at SET, Inc. He is a Certified Postural Integrator, Licensed Mental Health counselor (MH00705), Reichian Release Therapist, Licensed Massage Therapist (MA03267), Florida Board of Massage Therapy Continuing Education Provider, a CEU Provider for the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) Type A. He served three years as Executive President of the Florida State Massage Therapy Association. He has received the 1994 and 1997 Florida State Massage Therapist of the Year Award. In the Florida State Massage Therapy Association he has also held the positions of Executive First Vice President, the Education Standards Chair and Provider Guidelines. He is a long-term member of the AMTA. He also adds to his holistic practice expertise in N.I.C.S. Craniosacral Therapy, Bioenergetic Therapy, Gestalt

Therapy, Rebirthing, Electronic Acupuncture and Hypnosis. He has lectured and taught at a variety of universities and massage schools, Florida Chiropractic Association, and Florida Osteopathic Association. He presently teaches twelve massage therapy workshops and an intensive advanced training in Structural Energetic Therapy. He is the Director of Structural Energetic Therapy, Inc., and the only Certified SET Trainer. Don has published A TREATMENT MANUAL FOR STRUCTURAL MASSAGE THERAPY, RELIEF FROM HEAD/NECK/SHOULDER PAIN, RELIEF FROM HEAD/NECK/SHOULDER PAIN QUICK RELEASE TECHNIQUE, RELIEF FROM CARPAL TUNNEL PAIN and OTHER NERVE ENTRAPMENT SYNDROMES, and numerous articles for the massage journals. He has also produced three instructional videos. Don's sports related experience includes therapy for many kinds of athletes and a past staff position with the Tampa Bay Rowdies.

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