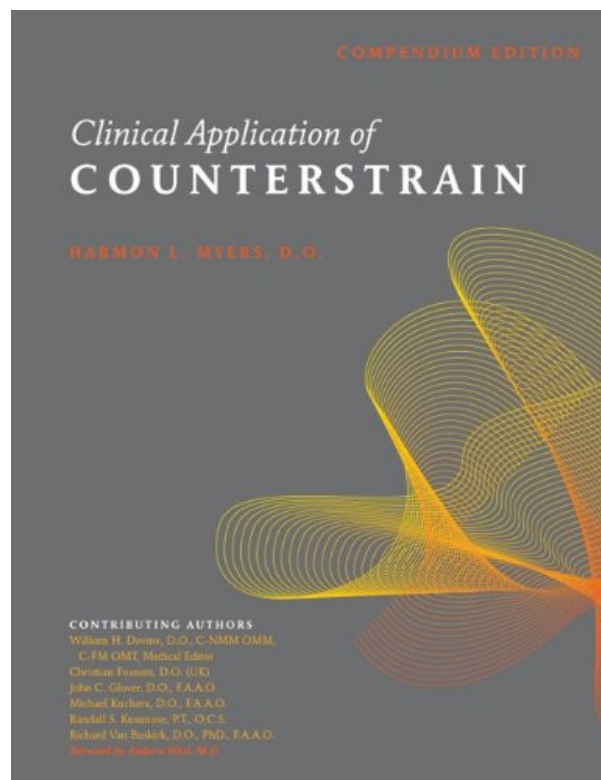
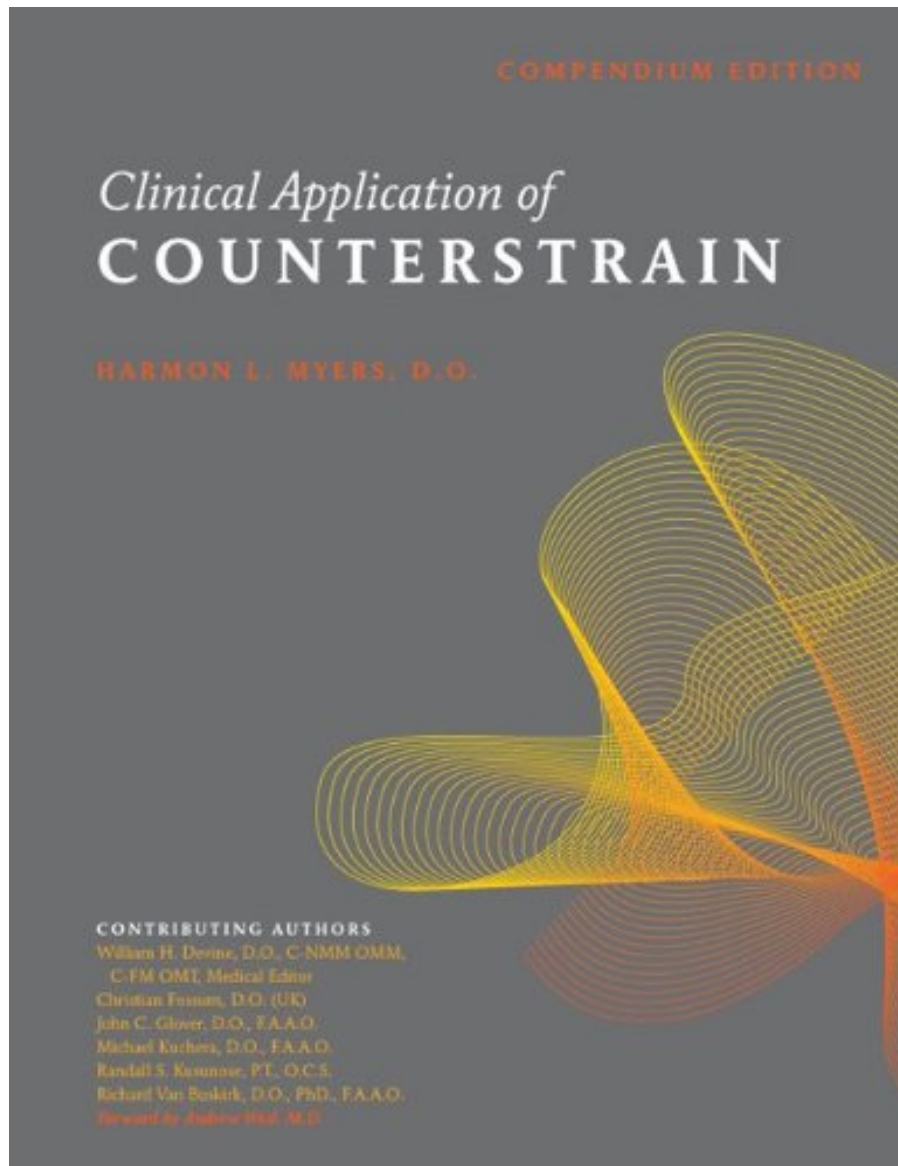


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This author, Harmon Myers, D.O., is added to that brief list of osteopathic pioneers by presenting a well written and illustrated compendium entitled *Clinical Application of Counterstrain*. His work combines the classic Counterstrain system with the seminal work of Janet Travell, M.D. and David Simons, M.D. *Myofascial Trigger Points* and Chapman's reflexes in a clinical model that is easy to study and apply to a myriad of clinical presentations. While of particular value in problems primarily in the musculoskeletal system, this work also provides the practitioner a valuable diagnostic and therapeutic tool for primary care patients as well as those with complex chronic conditions. --Philip E. Greenman, D.O., F.A.A.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](http://tomf.org).

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Great Book

By David Brock DO LLC

I have read most of the common counterstrain texts & chapters, and Harmon Myers definitely is the best. His approach just seems to make more sense & is easier to master. His naming protocol is much more intuitive than the original Jones' nomenclature. Some purists might say that Dr. Myers confuses trigger points & tender points, but I think that the distinction is artificial. I see no reason one can not use Travell/Simons myofascial pain patterns to diagnose the offending muscle & then treat with Jones counterstrain positions. Makes sense to me. Dr. Myers clinical cases are great too. My book is already getting tattered & worn, and that is really my only complaint: the text could be put together a bit better (especially for the price). Overall, an excellent text for anyone wanting to better understand & use counterstrain.

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It's a definite book to have!

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