Contents

Abbreviations **vi**

Foreword **vii**

Acknowledgements **ix**

1. Spontaneous positional release variations **1**
2. Modified strain/counterstrain technique **9**
3. Learning SCS **35**
4. Goodheart and Morrison's positional release variations and 'lift' techniques **43**
5. SCS for muscle pain (plus INIT and self-treatment) **53**
6. SCS (and SCS variations) in hospital settings **75**
7. Functional technique **85**
8. Facilitated positional release **99**
9. Cranial and TMJ positional release methods **109**