

## MUSCULAR RETRAINING FOR PAIN FREE LIVING%0A

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Muscular Retraining for Pain-Free Living clearly and concisely explains the causes of persistent muscle pain and offers a therapeutic exercise program to address these problems and end pain. This book explains the basic principles behind Williamson Muscular Retraining, a pain-relief discipline, in a way that is practical and easy to understand.

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Muscular Retraining for Pain-Free Living ... - Indigo Chapters

Craig Williamson, MSOT, is an occupational therapist who treats patients with persistent pain problems. He is the pioneer of Somatic Integration ([www.somaticintegration.com](http://www.somaticintegration.com)), an approach to muscular pain relief that includes muscular retraining techniques and specific, targeted exercises.

Muscular Retraining for Pain-Free Living - Google Books

Here's an innovative and practical approach to eliminating chronic muscle pain, written by a popular occupational therapist with thirty years of experience freeing people from the discomfort of tendonitis, lower back pain, and neck and shoulder tension.

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"Craig Williamson's Muscular Retraining for Pain Free Living is a revelation for people who seek relief from chronic bodily pain. It is a book about healing that works, because Craig knows the vital importance of awareness to healthy living."

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"Craig Williamson's Muscular Retraining for Pain-Free Living is a revelation for people who seek relief from chronic bodily pain. It is a book about healing that works, because Craig knows the vital importance of awareness to healthy living." Robert K. Hall, MD, cofounder Lomi School; author of

**Video Williamson Muscular Retraining**

Here are brief videos of Craig demonstrating all of the exercises from the book Muscular Retraining for Pain-Free Living. You can watch them here or directly on Youtube.

**Muscular Retraining for Pain-Free Living: A Practical ...**

Muscular Retraining for Pain-Free Living: A Practical Approach to Eliminating Chronic Back Pain, Tendonitis, Neck and Shoulder Tension, and Repetitive Stress Injuries: Amazon.es: Craig Williamson: Libros en idiomas extranjeros

**Craig Williamson - YouTube**

This movement activates and relaxes a number of upper back and shoulder muscles. From Craig Williamson's book *Muscular Retraining for Pain-Free Living*, Exercise 22.