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# The Therapeutic Pause in Osteopathy, Manual Therapy

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Osteopathy, and Bowen therapy in particular, emphasises the importance of making therapeutic pauses during treatments. But it is not explained why a pause should be incorporated into the treatment session, just that it is important to do so. This book is based on research which attempted to understand and identify the physiology that might justify the inclusion of pauses during treatment. It also looked at how much the pause was used within osteopathic treatment in general.



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## **The Therapeutic Pause in Osteopathy, Manual Therapy** By Louise Tremblay Bibliography

- Sales Rank: #1096060 in Books
- Published on: 2015-12-31
- Original language: English
- Dimensions: 9.25" h x 6.25" w x .50" l, .0 pounds
- Binding: Paperback
- 123 pages

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