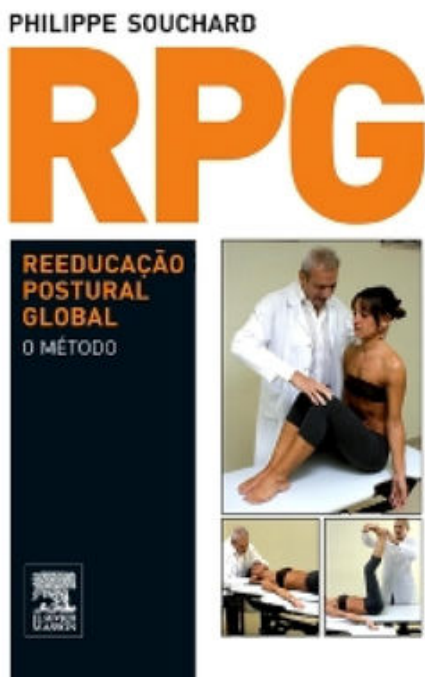


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Esta obra é o resultado de 30 anos de evolução do método Reeducação Postural Global e constitui um guia completo e atualizado, tanto do ponto de vista dos fundamentos científicos quanto da aplicação prática. Philippe Souchard dedica-se aqui a uma releitura da fisiologia e da fisiopatologia da função muscular estática, associada a observações pessoais e a pesquisas em biomecânica solidamente documentadas. Este trabalho de síntese, ricamente fundamentado e ilustrado, permite identificar claramente a responsabilidade da retração muscular nas patologias musculoesqueléticas, sejam elas morfológicas ou lesionais, e propor um tratamento original dessas disfunções.

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