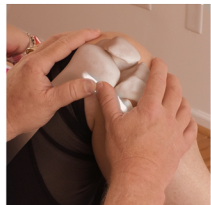


EDWARD S GLASER DPM

Relax, Release, Relief



GENTLE TECHNIQUES
TO MANUALLY
RELIEVE TENSION

QUICK REFERENCE GUIDE

2nd Edition

RRRTV.NET



QUICK REFERENCE GUIDE

BY

EDWARD S GLASER DPM

RELAX RELEASE RELIEF

USING THIS BOOK

This book contains nine chapters, which correspond to nine different parts of the body. Relaxation is performed by gently pressing on specific areas of the body. Often the subject will be asked to maintain certain postures, or provide very subtle force in a specific direction while relaxation occurs.

The first chapter, The Foot, requires the use of a special tool referred to as a “Blunt Pointer” while performing relaxation. This tool can be nearly any sufficient round tipped writing instrument, with erasers and the tips of markers working particularly well. The remaining chapters all use the fingertips.

The amount of appropriate pressure used on a person’s body should be no more than what you would comfortably push into your own eyeball. The most common problem new users of RRR encounter, typically, is applying too much force, as this will counteract the effectiveness of relaxation.

The appropriate amount of time spent on each step is dependent upon the subject.



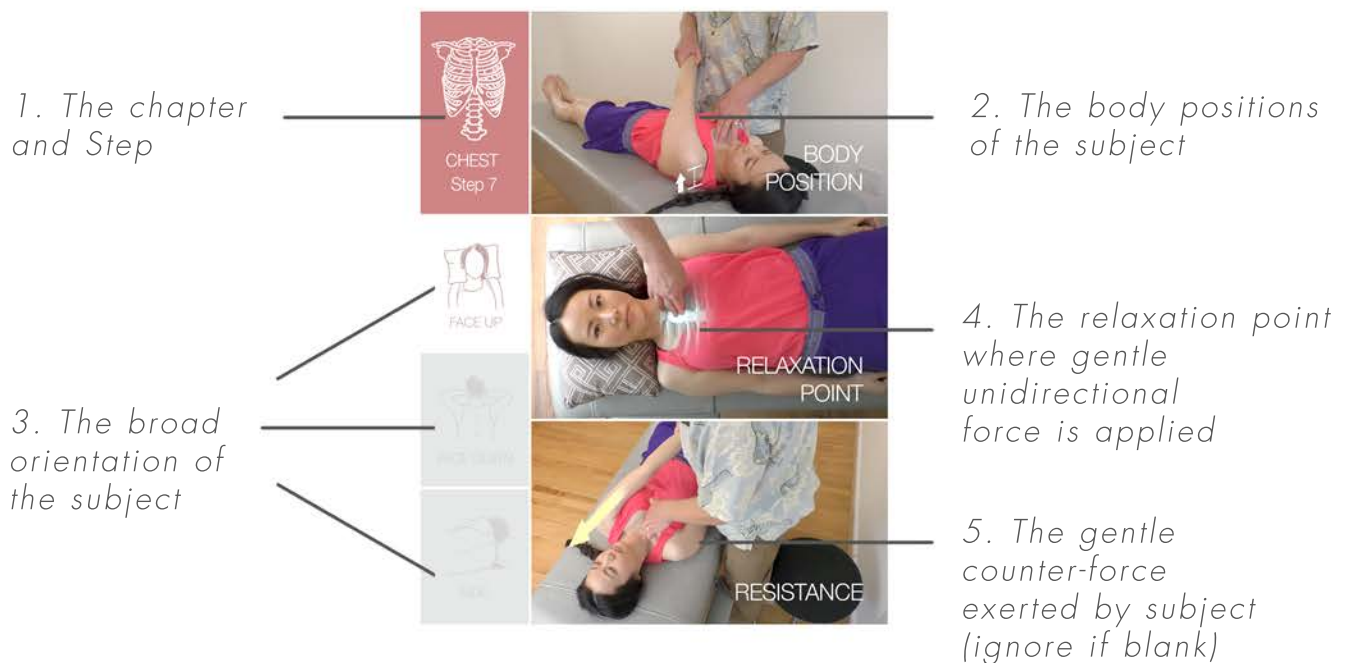
*Examples of
Blunt Pointers*

Our goal is to perform relaxation until we feel the release in soft tissues occur. This process may take from 10 to 50 seconds per step.

Each page is designed to illustrate the position of the subject in the top right-side panel (2). This is the position we ask the subject to maintain while relaxation occurs. Sometimes we will ask the subject to change their overall position, and an indicator along the left hand side of the page is placed there to remind us of this (3).

Below our position panel is the relaxation point to use for each release (4). It is very important that this force is applied in only one direction, as going back and forth may confuse the muscles. Often we will reuse certain points with different body postures to achieve different effects.

The bottom panel illustrates the resistance the subject should give, either in a direction or a type of rotation, which some, but not all steps require (5). As with relaxation itself, this resistance is to be a very gentle force, far below the threshold that would induce movement in the limbs.



Page anatomy

Relaxation is illustrated only on a single side of the body (left or right) for the sake of brevity, but should be mirrored to the opposing side of the body to complete the chapter.

Steps in this book come in three different varieties, the most common of which is a single specific relaxation point held in a single posture.

A “trio” (6), however, is three similar steps illustrated together sequentially, due to relatively small positional changes between these sub-steps. These steps should otherwise be treated as individuals.

A “walking point” (7) is a point upon which a gentle unidirectional force is applied along a path defined by the edge of a bony ridge or band of connective tissue, as opposed to a single isolated point. These typically require more attention than a singular point and perhaps should be considered as a grouped cluster of multiple related points.



6. A Trio



7. A Walking Point

In addition to this printed resource, RRR is available to learn as a fully enacted video series, available from Vimeo. We recommend you initially watch these courses live, and follow up this education by using the reference material in your hand while performing relaxation.

To access our video catalog please visit:

[vimeo/ondemand/relaxreleaserelief](https://vimeo.com/ondemand/relaxreleaserelief)

or

rrrtv.net

REMEMBER...

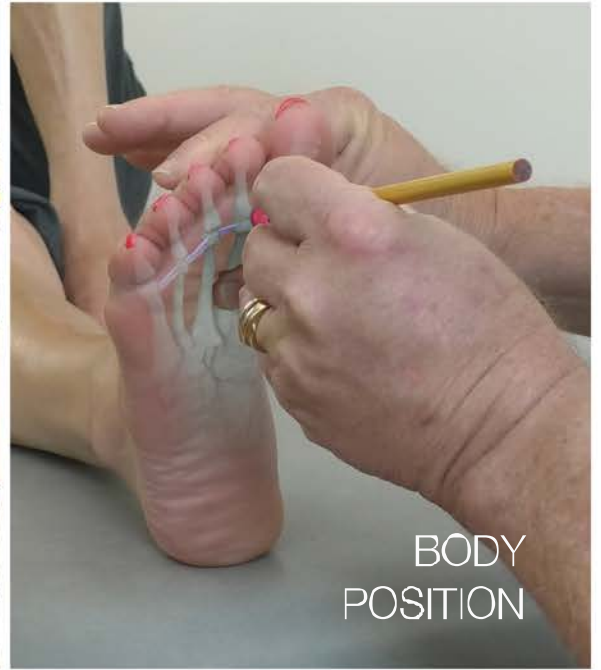
- Gentle pressure is the key.
- Maintain a state of relaxation, free of distractions. Keep the subject as loose as possible.
- Use gentle, slow unidirectional pressure. Once you've begun pressing into a relaxation point, don't change your direction or reposition too frequently.
- If a technique is causing pain for any reason, stop and reapply the process much more gently. If it still causes pain, move on to the next step.
- RRR is not a medical treatment and is not a substitute for visiting a health care provider.



THE FOOT



FOOT
Step 1



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



SIDE

RESISTANCE



FOOT
Step 2



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



SIDE

RESISTANCE



FOOT
Step 3



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



SIDE

RESISTANCE



FOOT
Step 4



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



SIDE

RESISTANCE



FOOT
Step 5



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



FOOT
Step 6



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



SIDE



RESISTANCE



FOOT
Step 7



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



FOOT
Step 8



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



SIDE

RESISTANCE



FOOT
Step 9



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



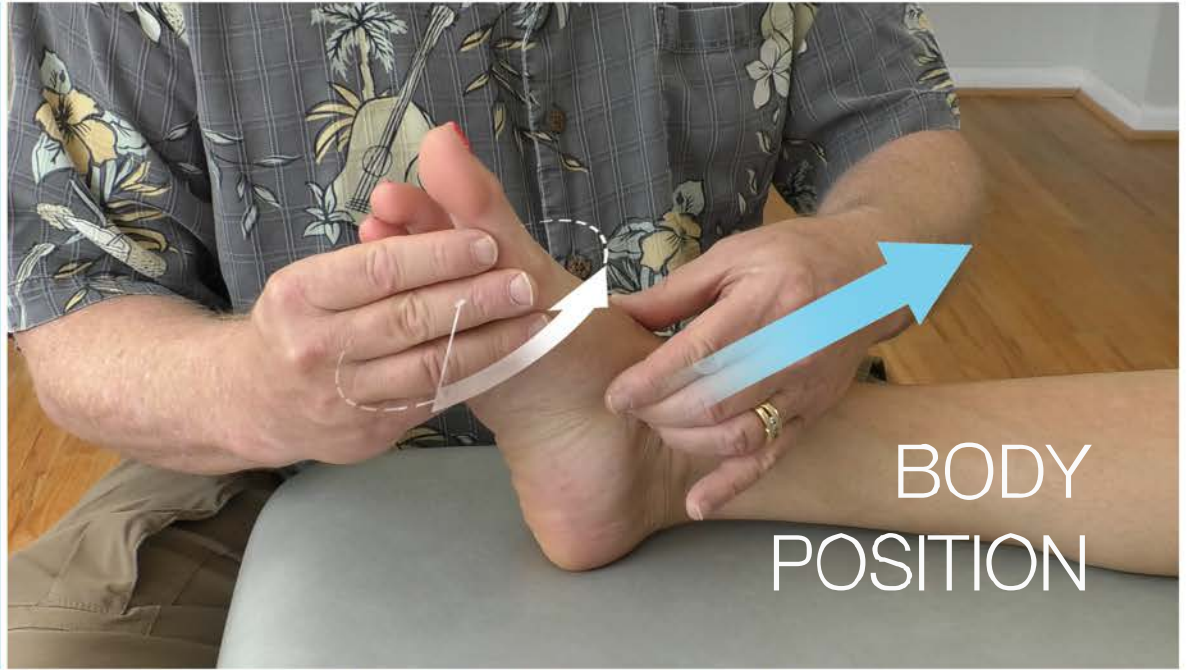
SIDE



RESISTANCE



FOOT
Step 10



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



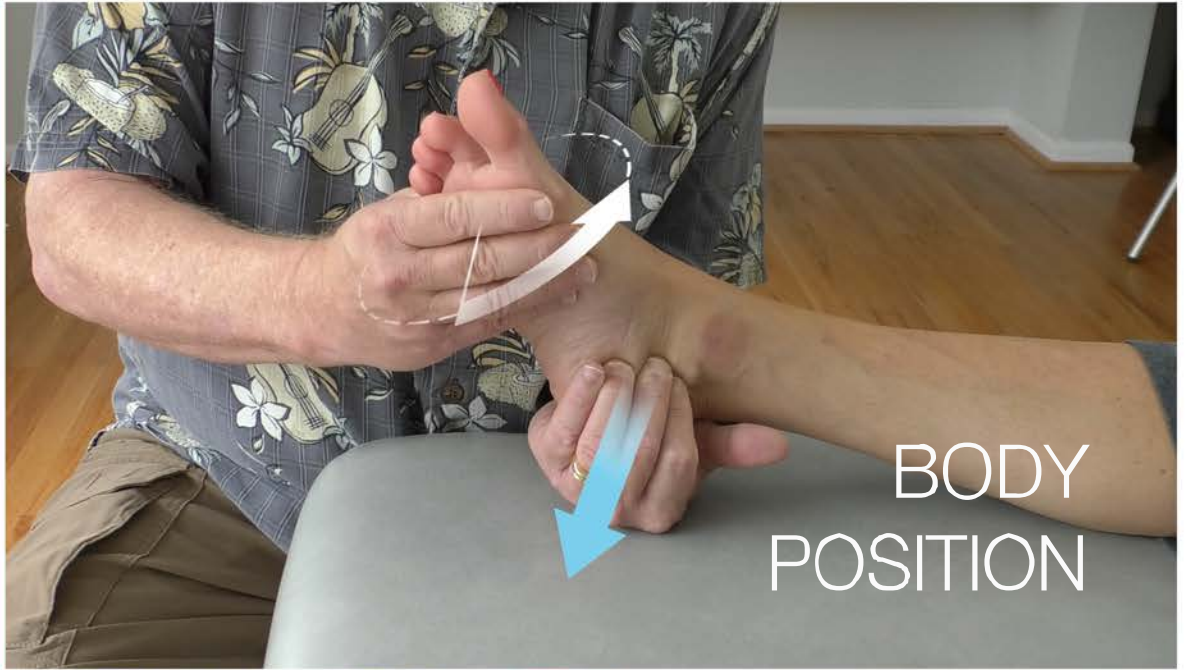
RESISTANCE



SIDE



FOOT
Step 11



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



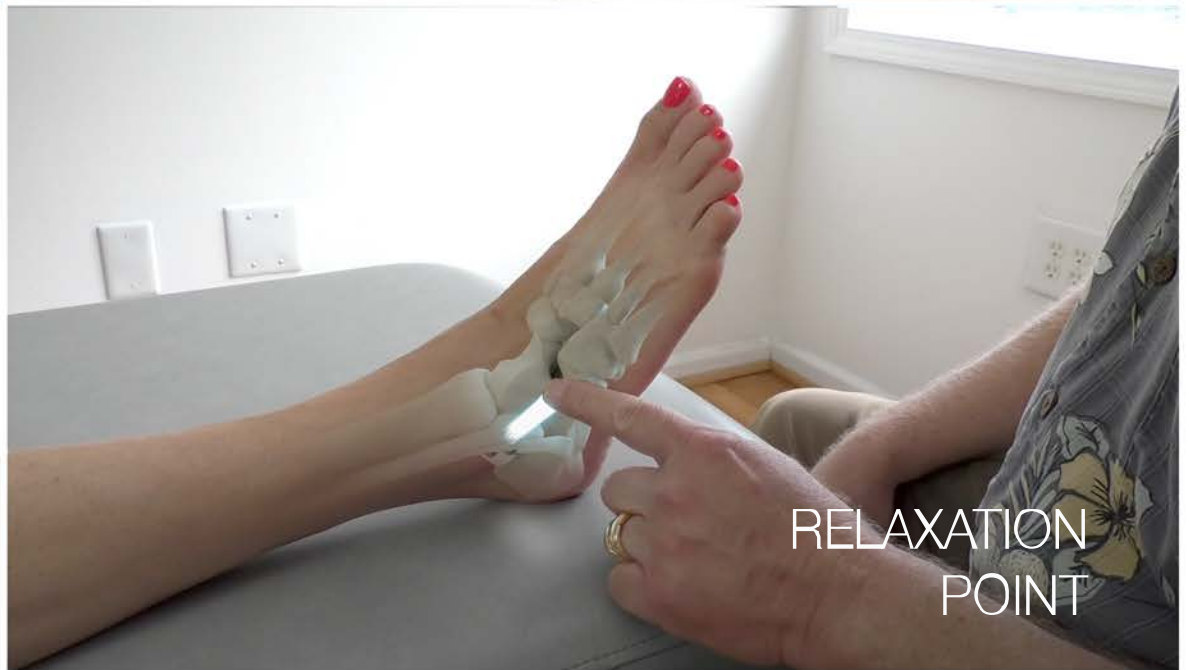
FOOT
Step 12



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



FOOT
Step 13



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



FOOT
Step 14



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



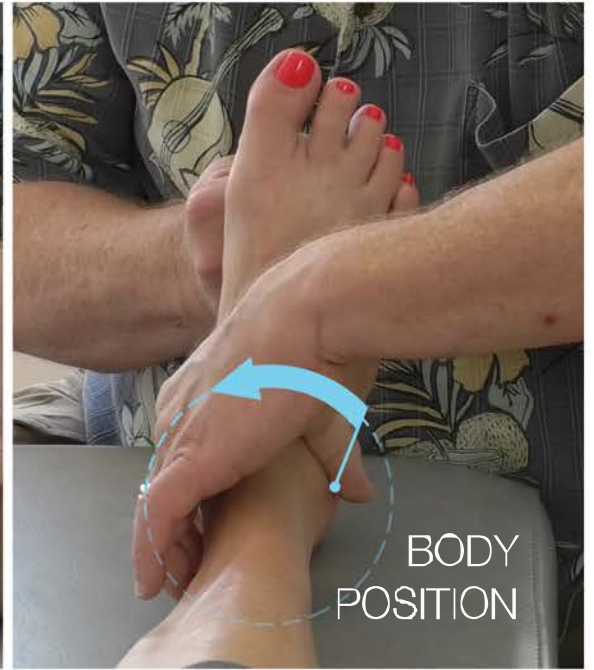
RESISTANCE



SIDE



FOOT
Step 15



FACE UP



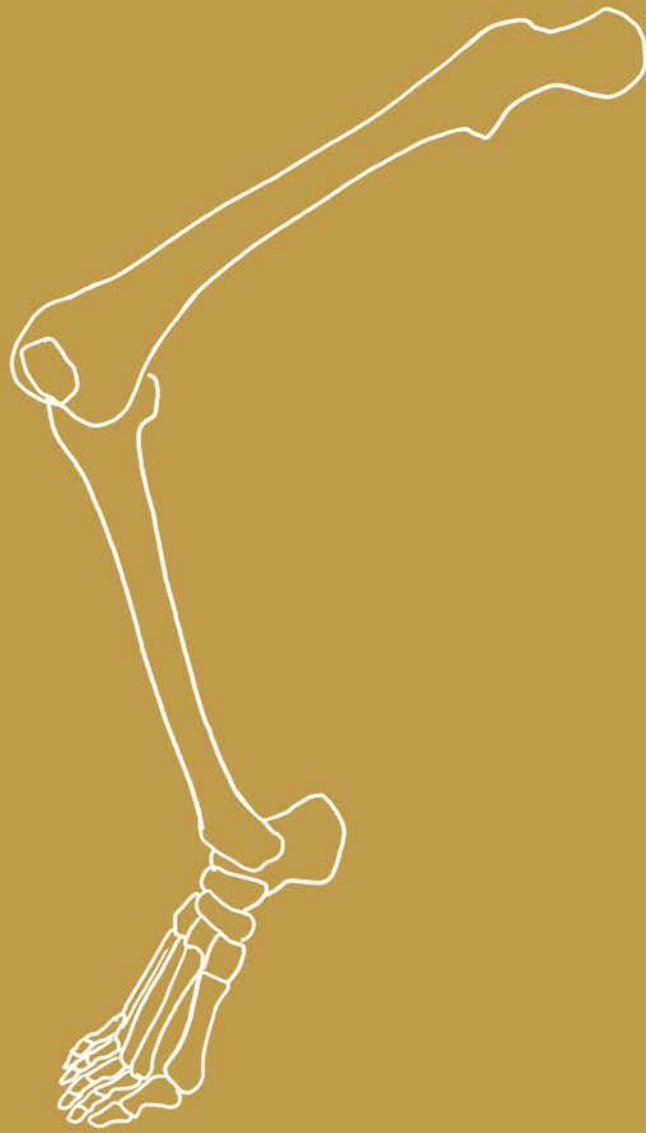
FACE DOWN



SIDE



RESISTANCE



THE LEG



LEG

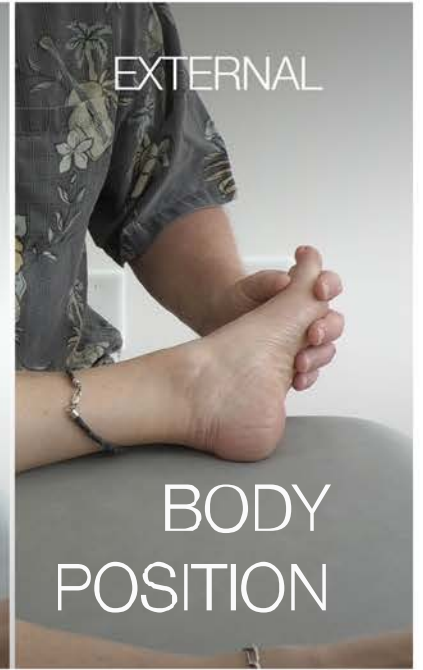
Step 1 - Trio



MIDDLE



INTERNAL



EXTERNAL

BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



LEG
Step 2



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



LEG

Step 3 - Trio



BIG TOE



MIDDLE TOES



OUTER TOES

BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



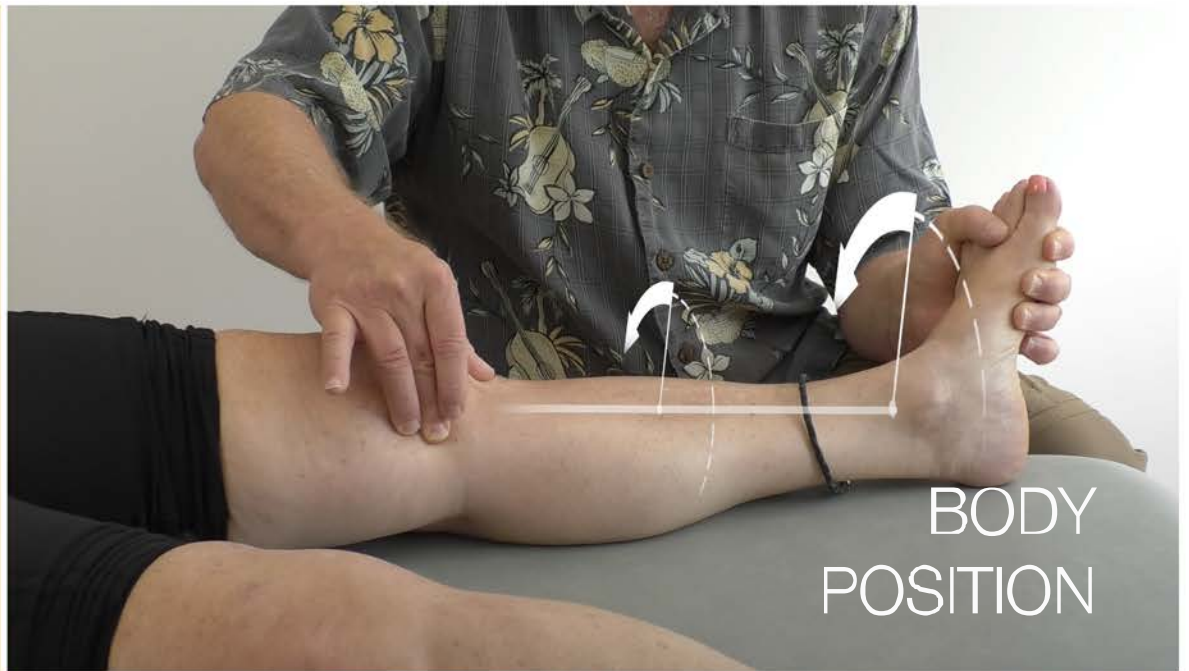
RESISTANCE



SIDE



LEG
Step 4



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



LEG

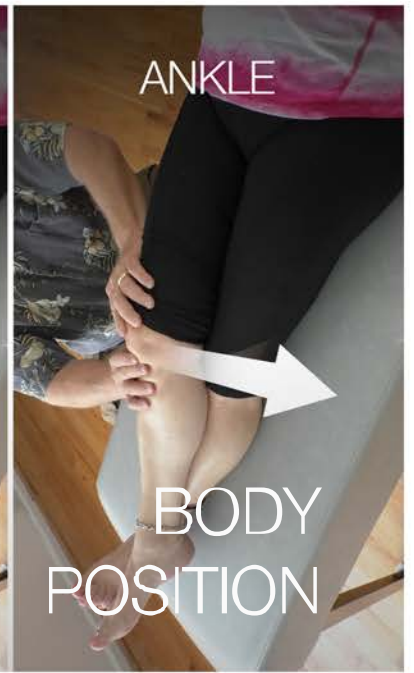
Step 5 - Trio



KNEE



CALF



ANKLE

BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



LEG

Step 6 - Trio



KNEE



CALF



ANKLE

BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



LEG
Step 7



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



LEG

Step 8 - Trio



KNEE



CALF



ANKLE

BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



LEG

Step 9 - Trio



FACE UP



FACE DOWN



SIDE



LEG
Step 10



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



LEG

Step 11 - Trio



MIDDLE



EXTERNAL



INTERNAL

BODY POSITION



FACE UP



RELAXATION POINT



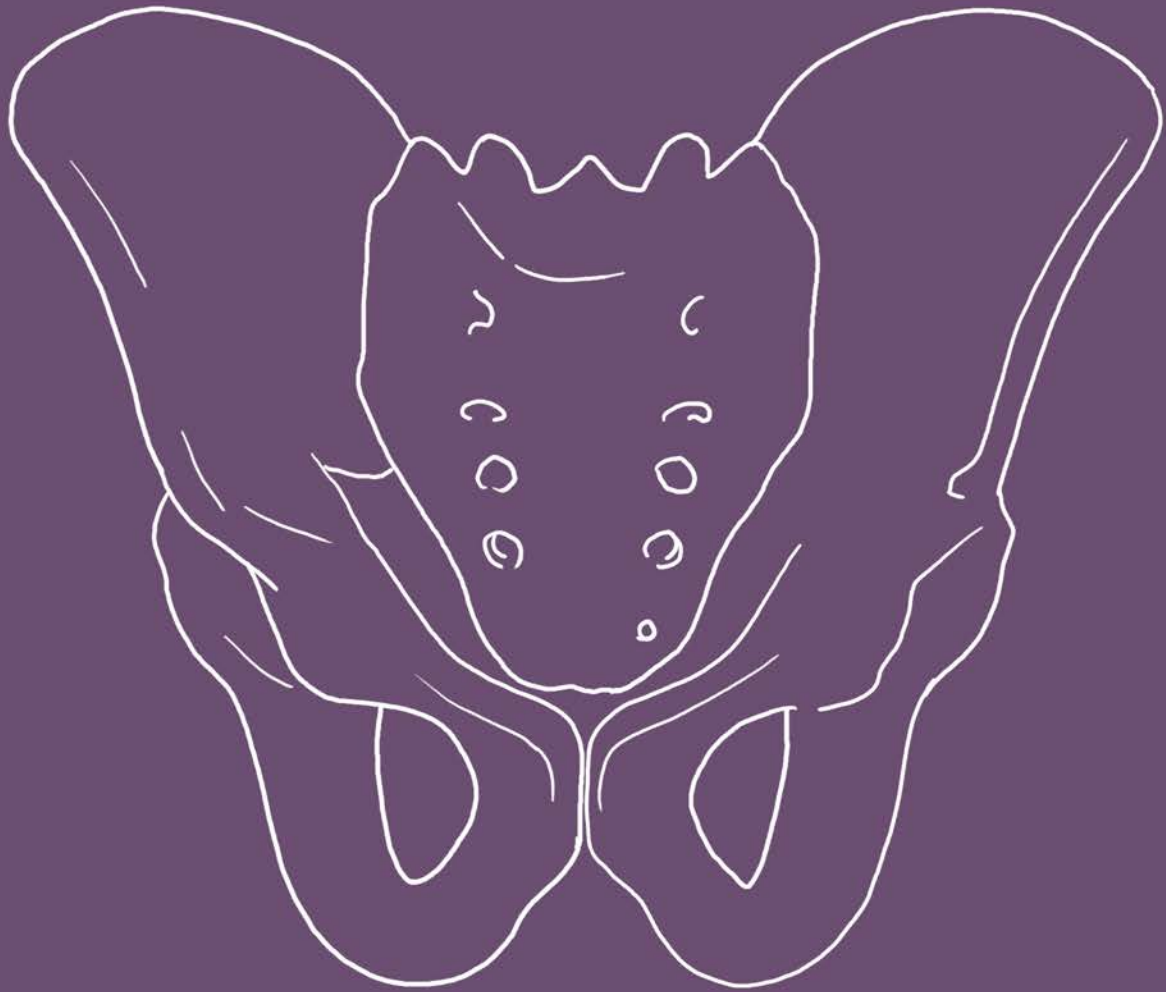
FACE DOWN



RESISTANCE



SIDE



THE HIP



HIPS

Step 1 - Trio



KNEE



MID CALF



ANKLE

BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



HIPS

Step 2 - Trio



FACE UP



FACE DOWN



SIDE



HIPS
Step 3



BODY
POSITION



FACE UP



RELAXATION
POINT



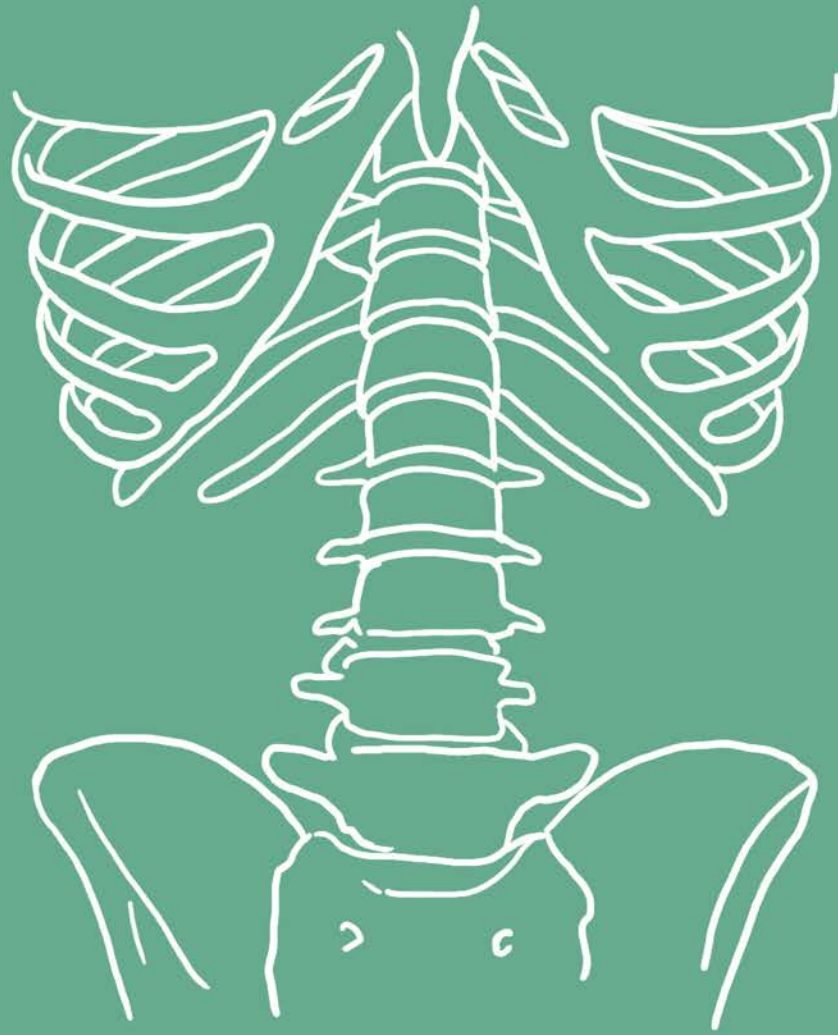
FACE DOWN



RESISTANCE



SIDE



THE ABDOMEN



ABDOMEN

Step 1
Walking Point



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



ABDOMEN

Step 2
Walking Point



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



ABDOMEN
Step 3



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



THE BACK



BACK

Step 1
Walking Point



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



BACK

Step 2
Walking Point



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



BACK
Step 3



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



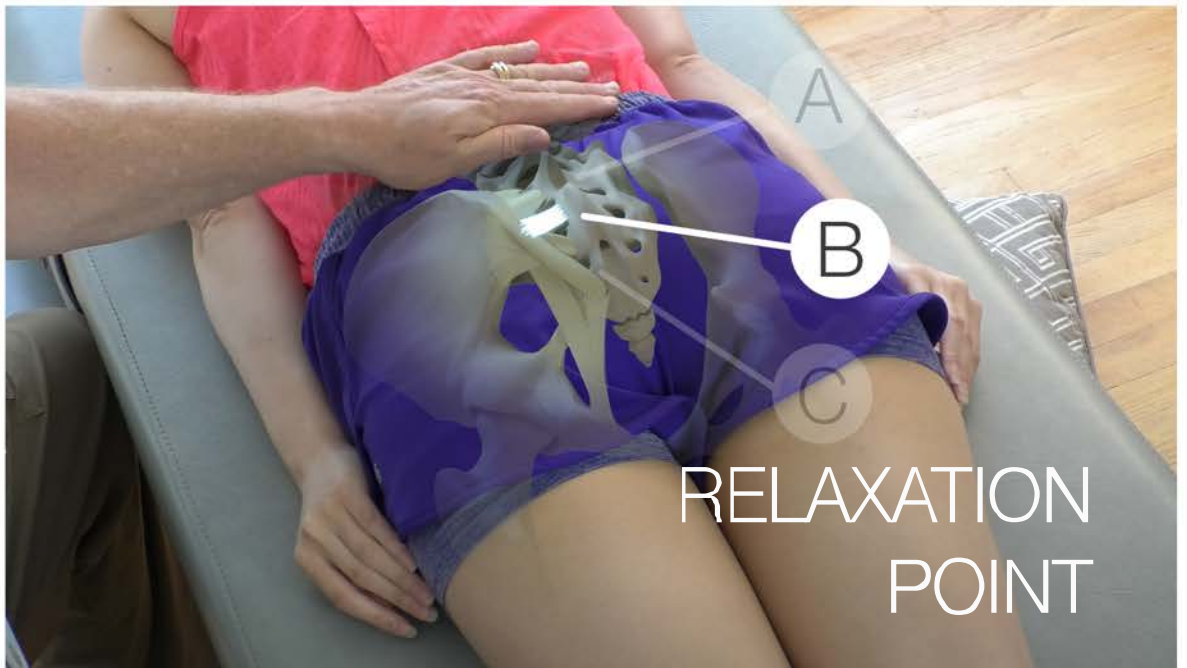
BACK
Step 4



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



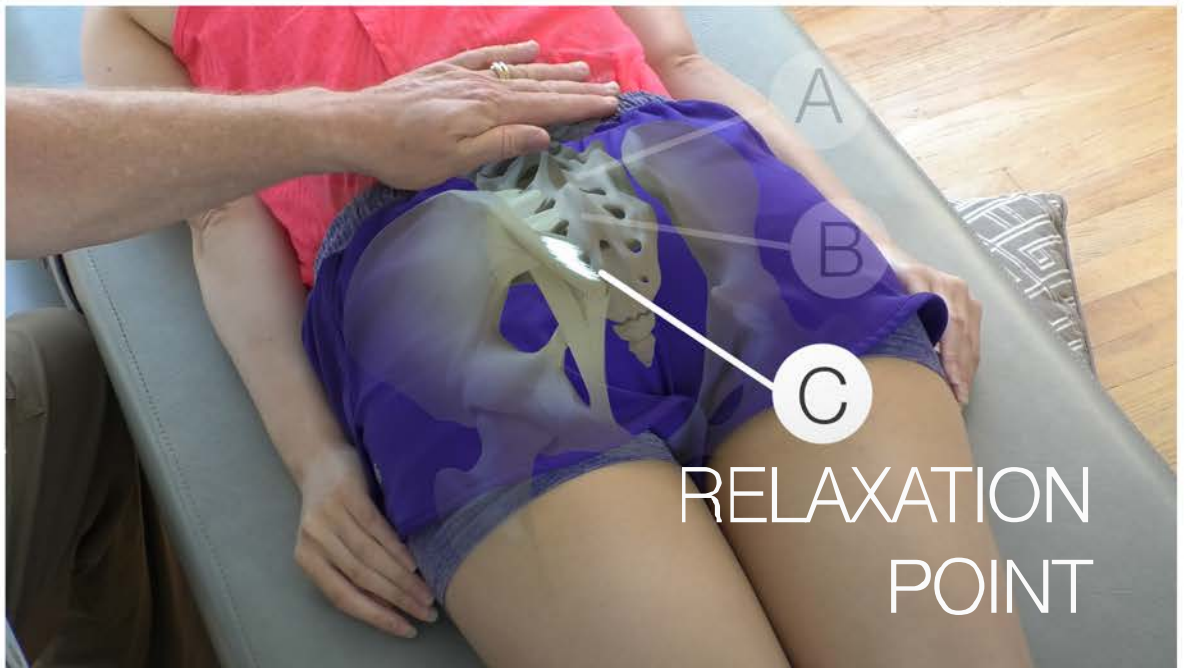
BACK
Step 5



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



BACK
Step 6



BODY
POSITION



FACE UP



RELAXATION
POINT



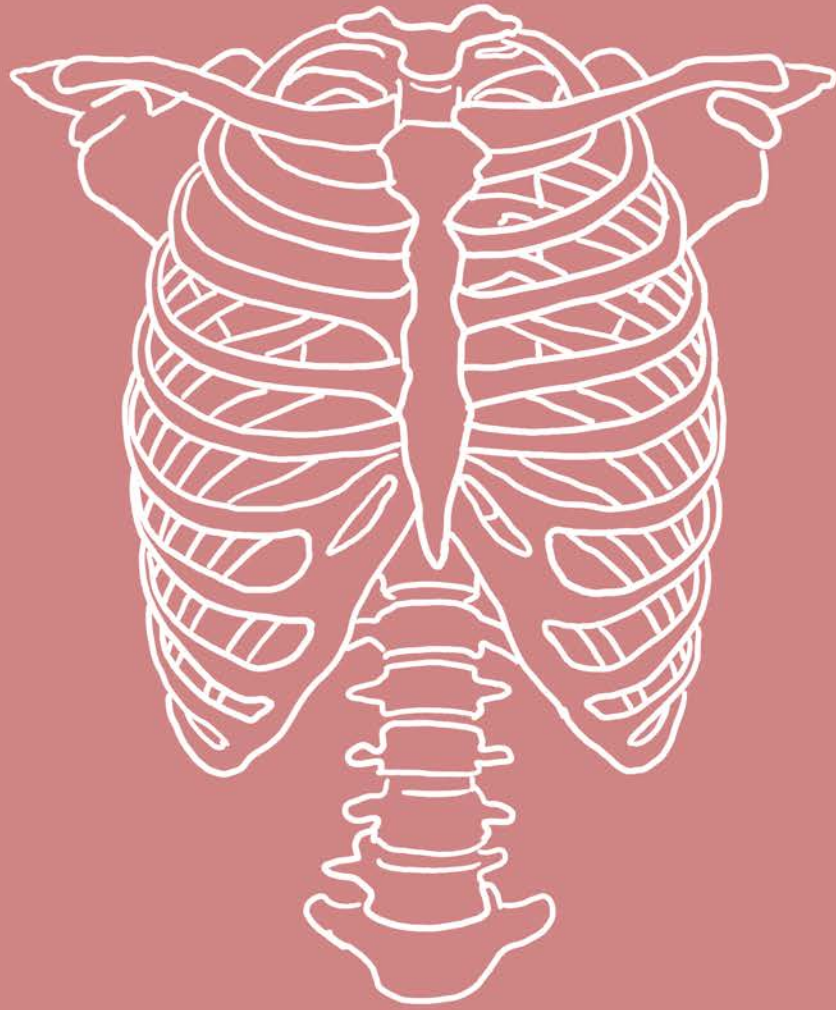
FACE DOWN



RESISTANCE



SIDE



THE CHEST



CHEST
Step 1



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



CHEST
Step 2



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



CHEST
Step 3



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



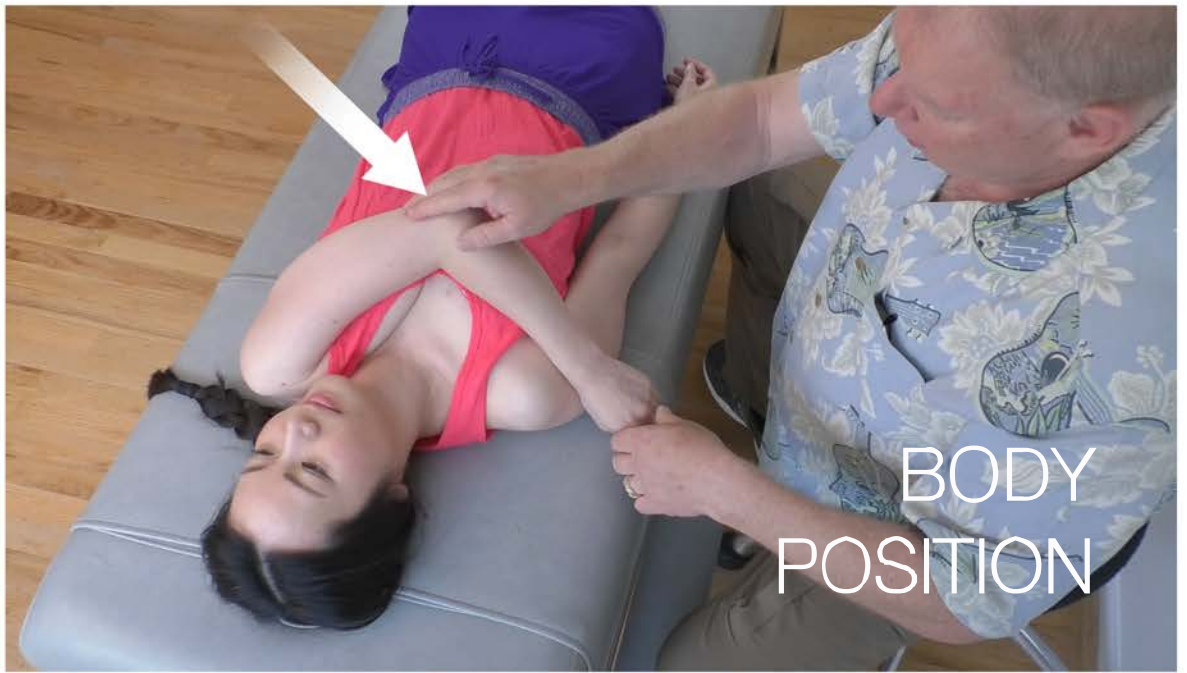
RESISTANCE



SIDE



CHEST
Step 4



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



CHEST
Step 5



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



CHEST
Step 6



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



CHEST
Step 7



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



THE SHOULDER



SHOULDER
Step 1



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE

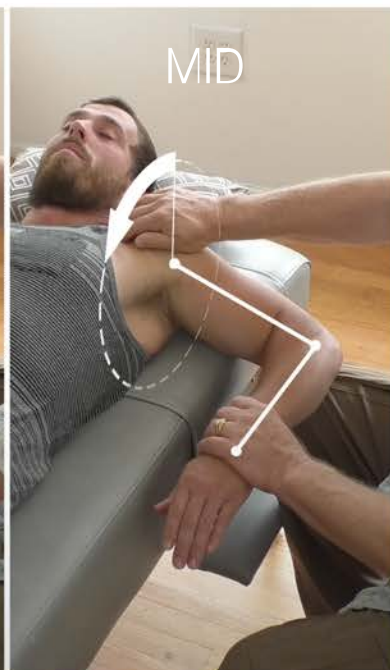
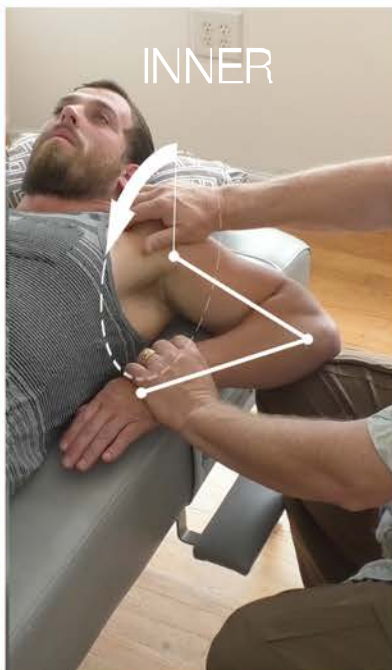


SIDE



SHOULDER

Step 2 - Trio



FACE UP



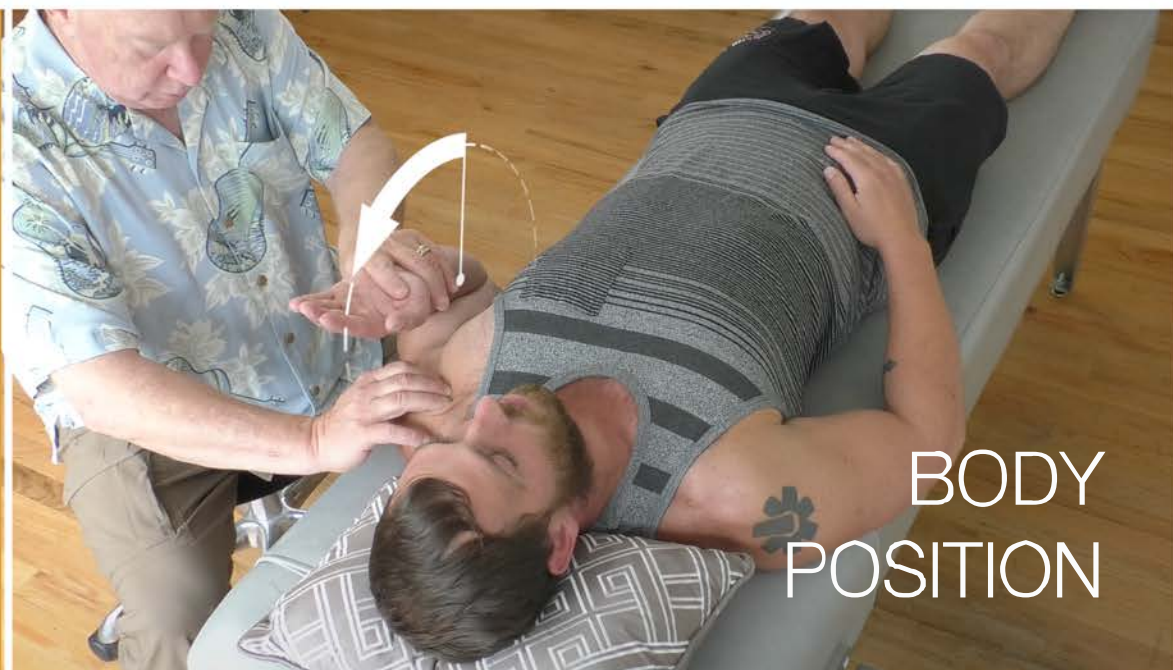
FACE DOWN



SIDE



SHOULDER
Step 3



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE

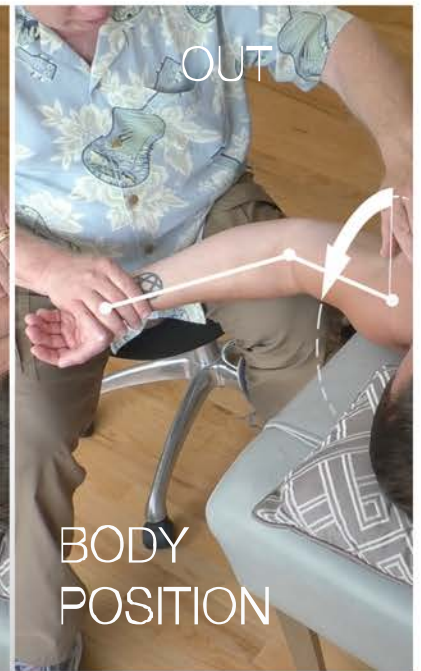
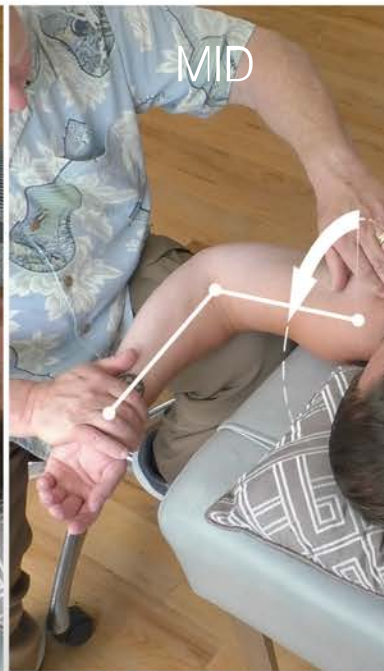


SIDE



SHOULDER

Step 4 - Trio



FACE UP



FACE DOWN

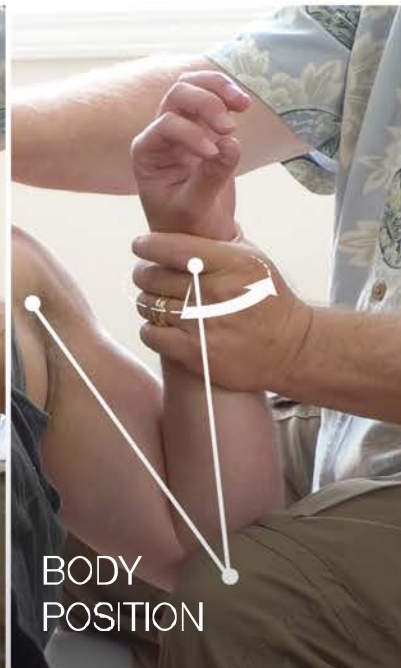
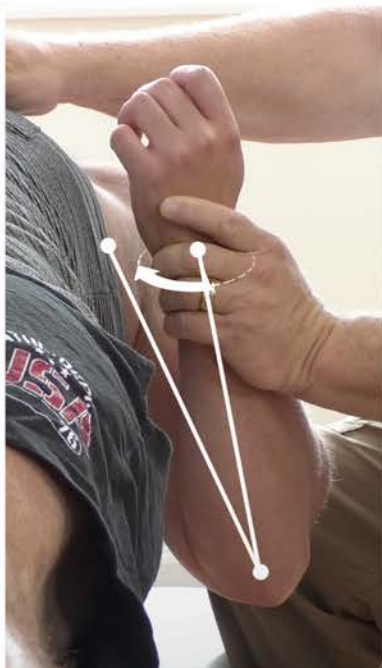


SIDE



SHOULDER

Step 5 - Trio



FACE UP



FACE DOWN

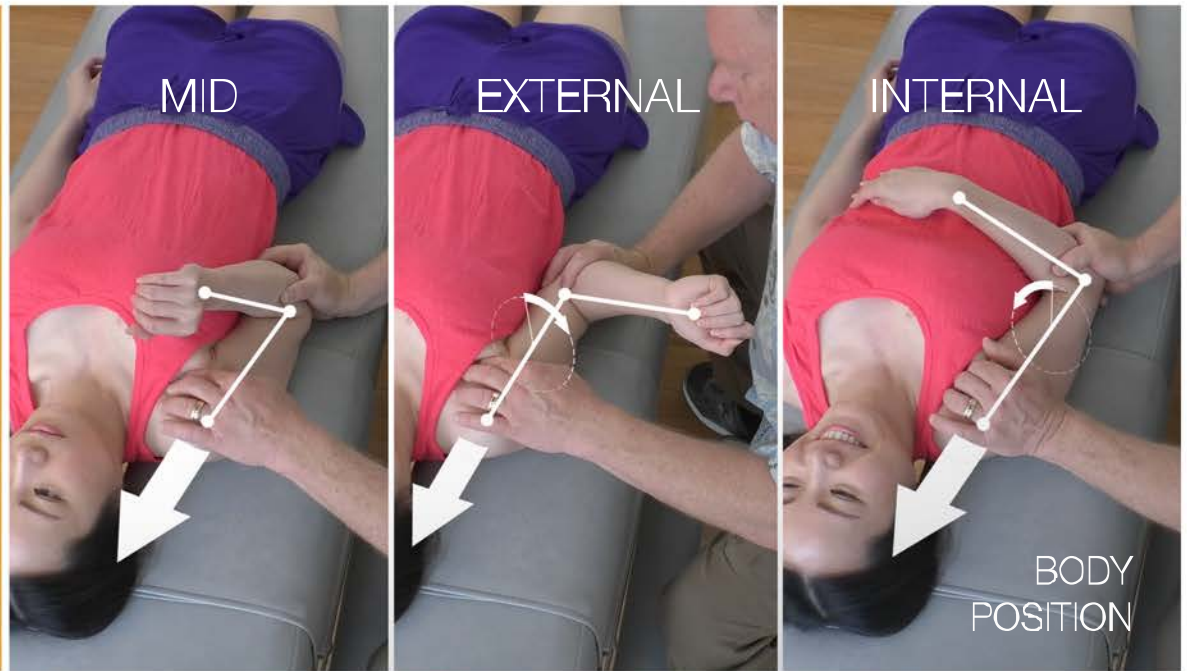


SIDE



SHOULDER

Step 6 - Trio



FACE UP



FACE DOWN

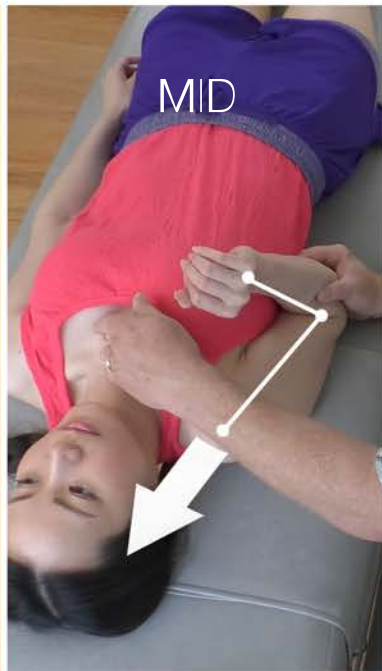


SIDE

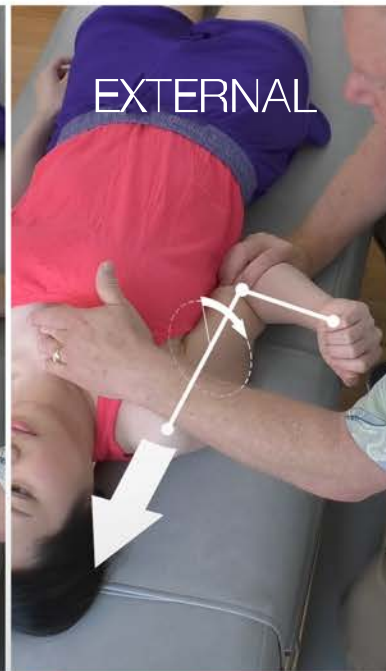


SHOULDER

Step 7 - Trio



MID



EXTERNAL



INTERNAL

BODY POSITION



FACE UP



RELAXATION POINT



FACE DOWN



RESISTANCE



SIDE



SHOULDER
Step 8



BODY
POSITION



FACE UP



RELAXATION
POINT



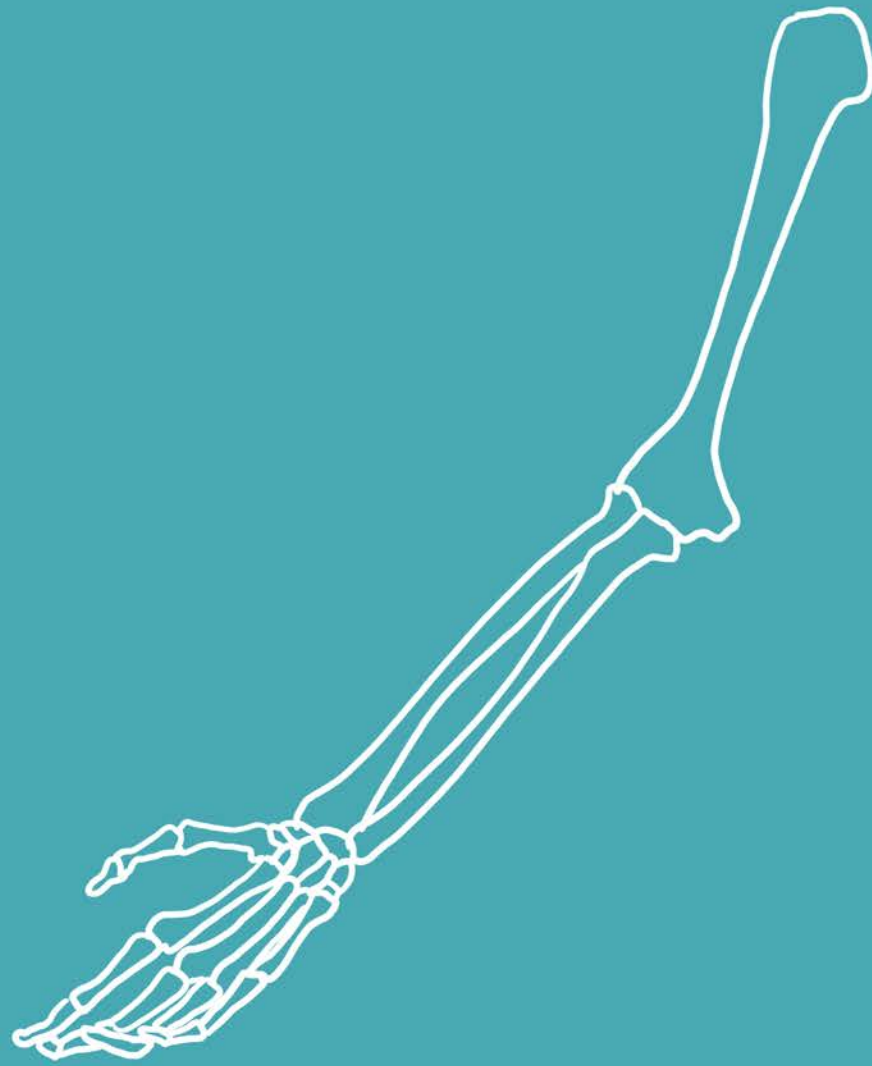
FACE DOWN



RESISTANCE



SIDE



THE ARM



ARMS

Step 1- Duo



BODY POSITION



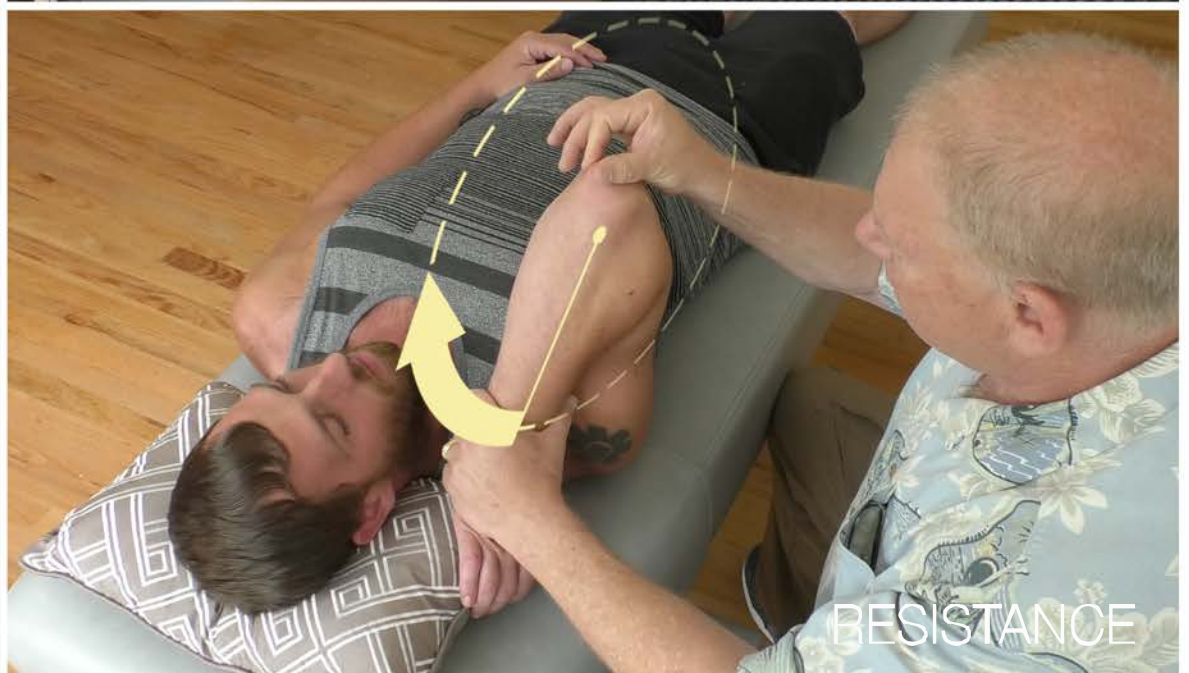
FACE UP



RELAXATION POINT



FACE DOWN



RESISTANCE



SIDE



ARMS
Step 2



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



ARMS
Step 3



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



ARMS
Step 4



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



ARMS

Step 5 - Trio



FACE UP



FACE DOWN

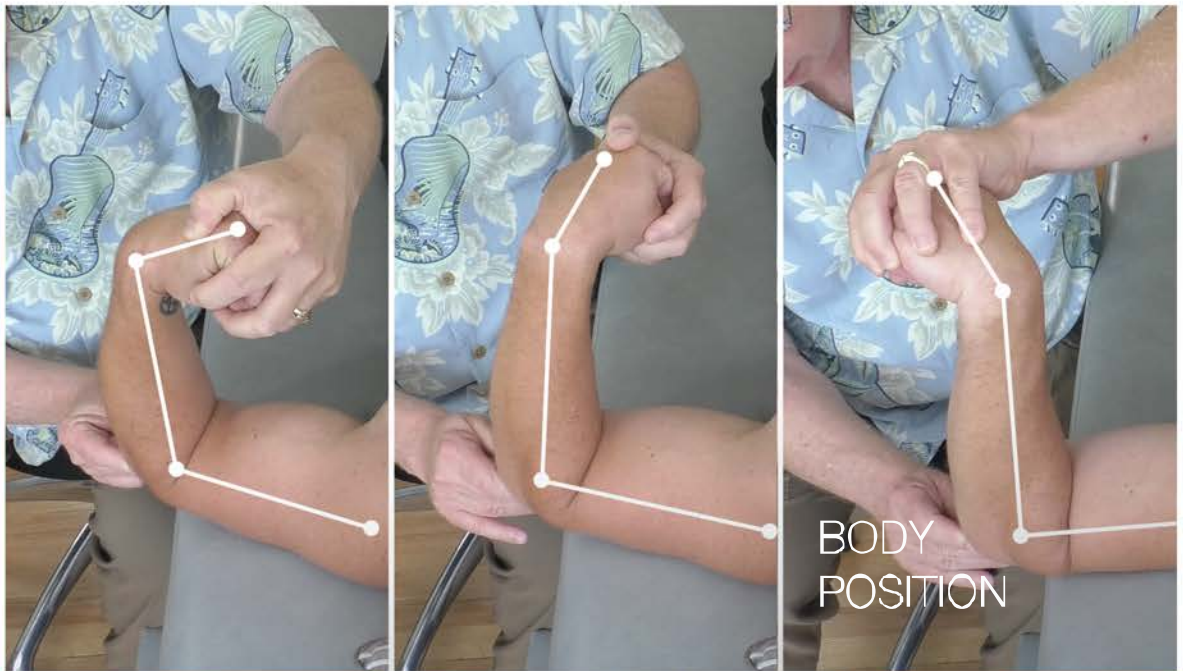


SIDE



ARMS

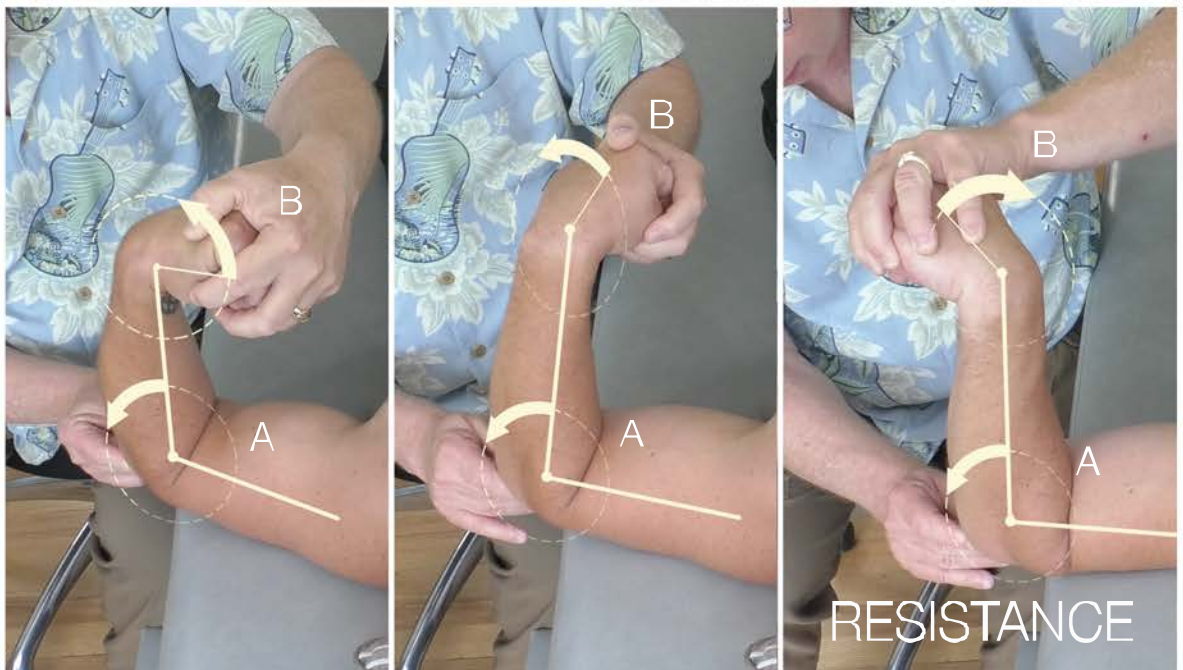
Step 6 - Trio



FACE UP



FACE DOWN

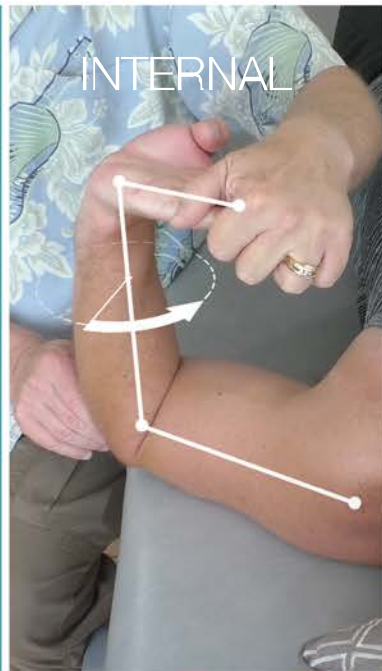


SIDE

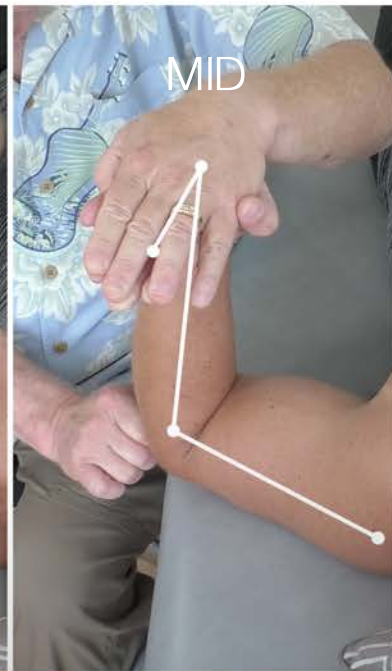


ARMS

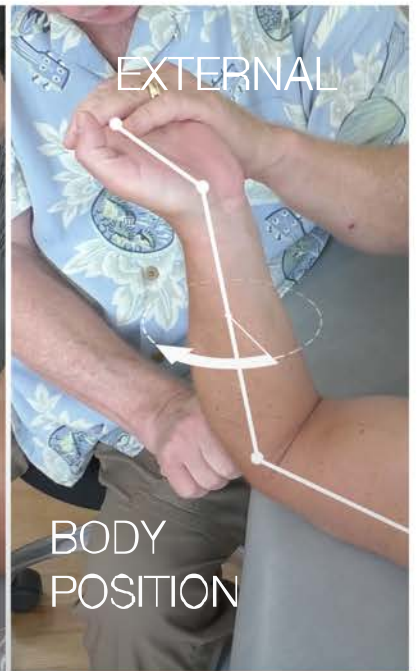
Step 7 - Trio



INTERNAL



MID



EXTERNAL

BODY POSITION



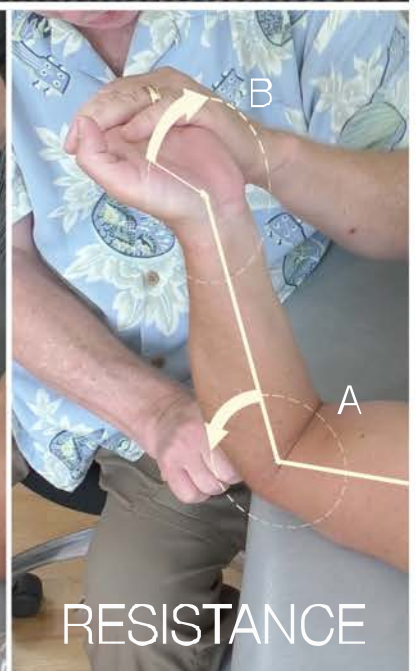
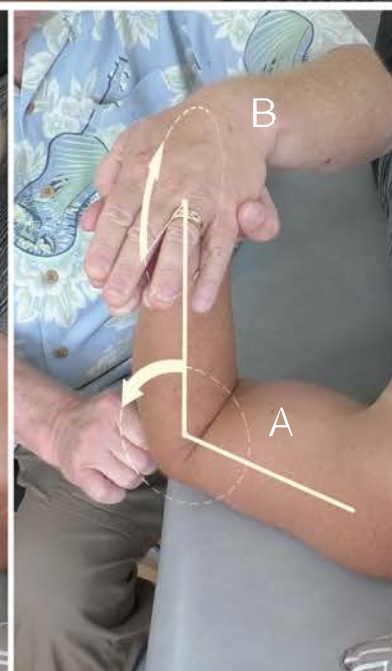
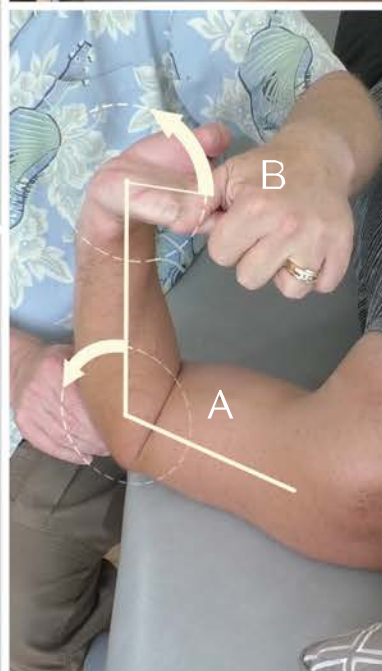
FACE UP



RELAXATION POINT



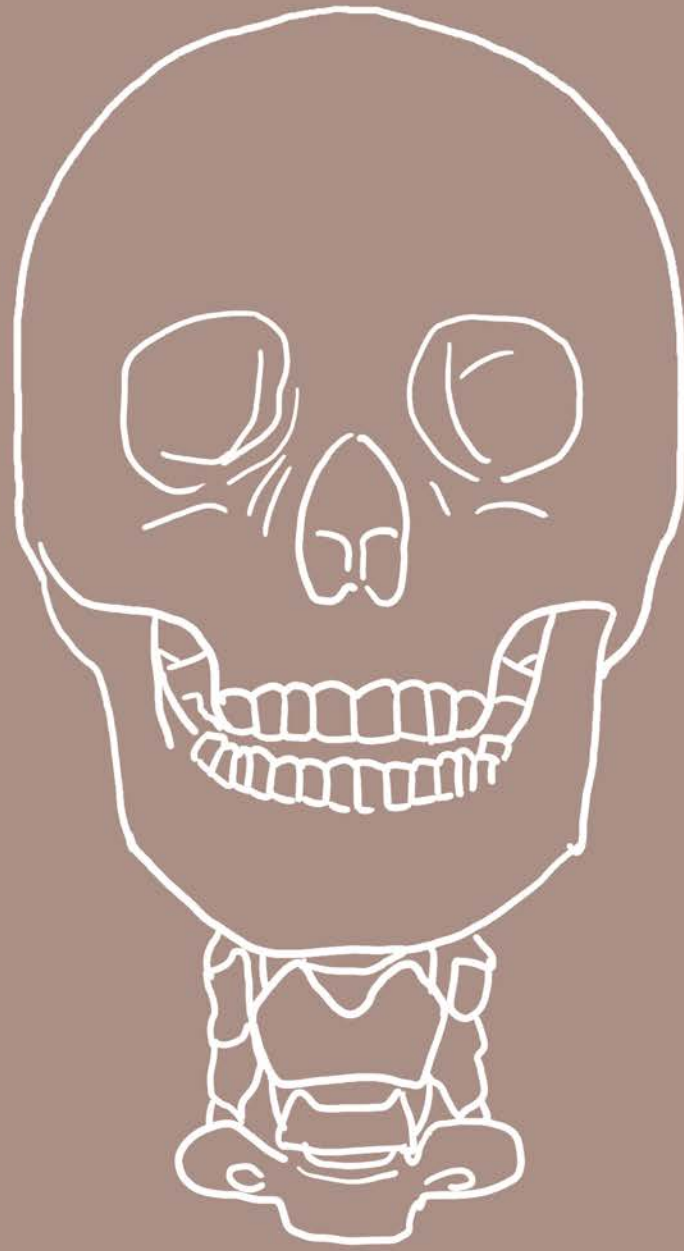
FACE DOWN



RESISTANCE



SIDE



THE HEAD



HEAD
Step 1



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



HEAD
Step 2



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



HEAD
Step 3



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



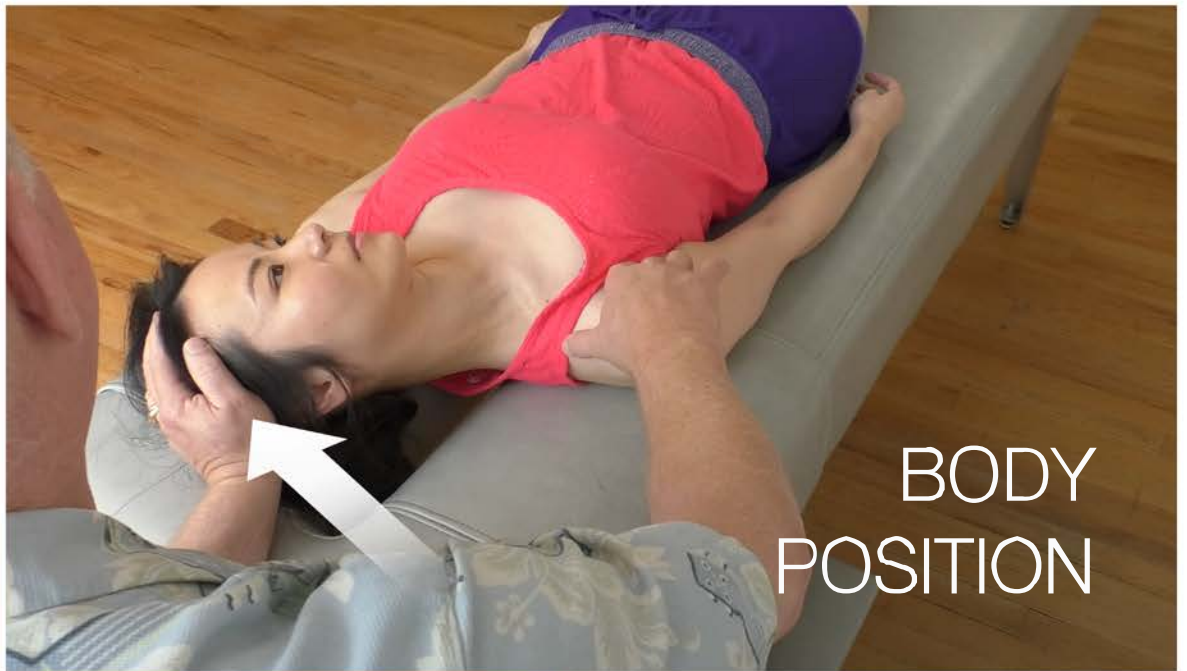
RESISTANCE



SIDE



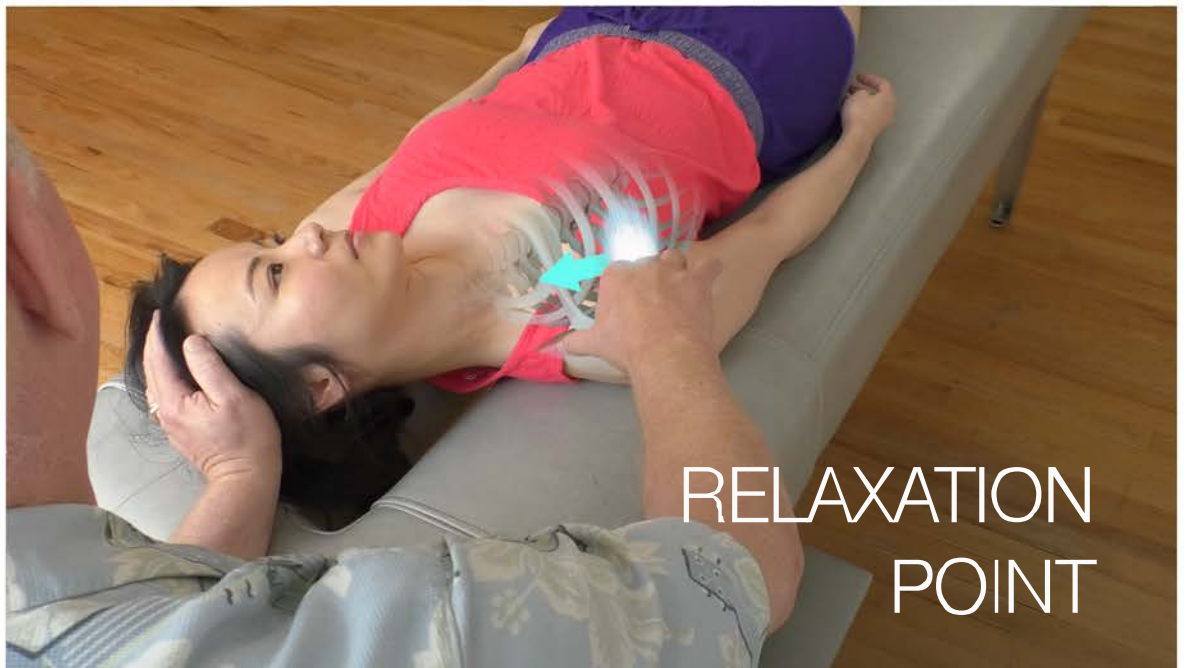
HEAD
Step 4



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



HEAD
Step 5



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



HEAD
Step 6



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



HEAD
Step 7



BODY
POSITION



FACE UP



RELAXATION
POINT



FACE DOWN



RESISTANCE



SIDE



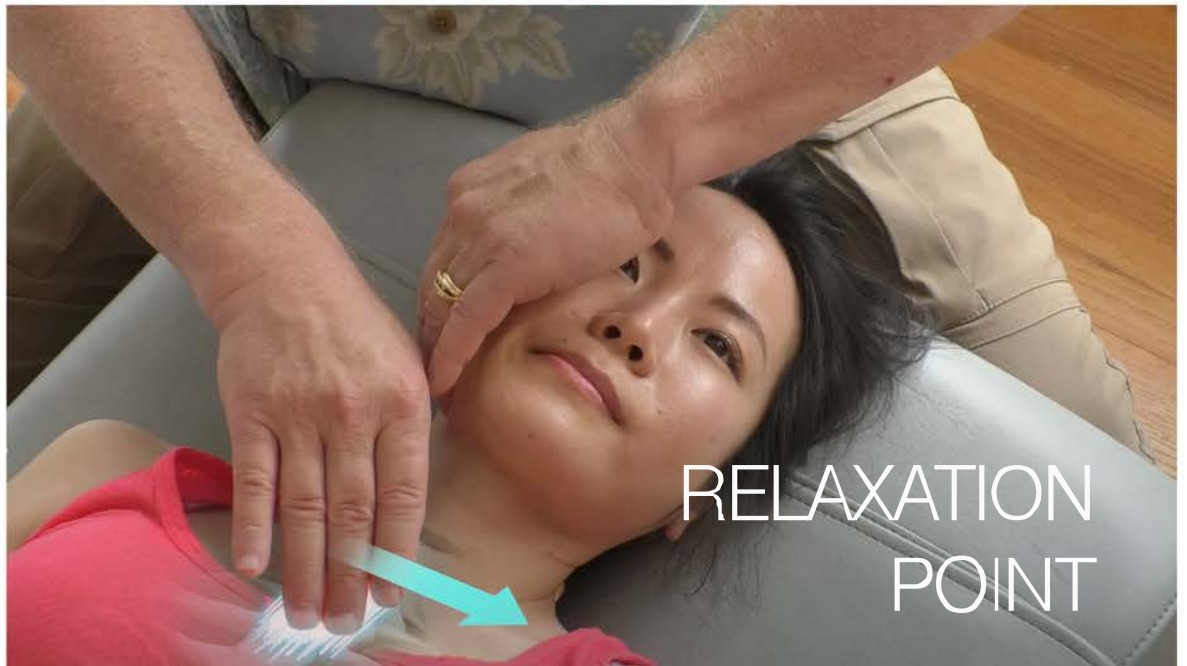
HEAD
Step 8



BODY
POSITION



FACE UP



RELAXATION
POINT



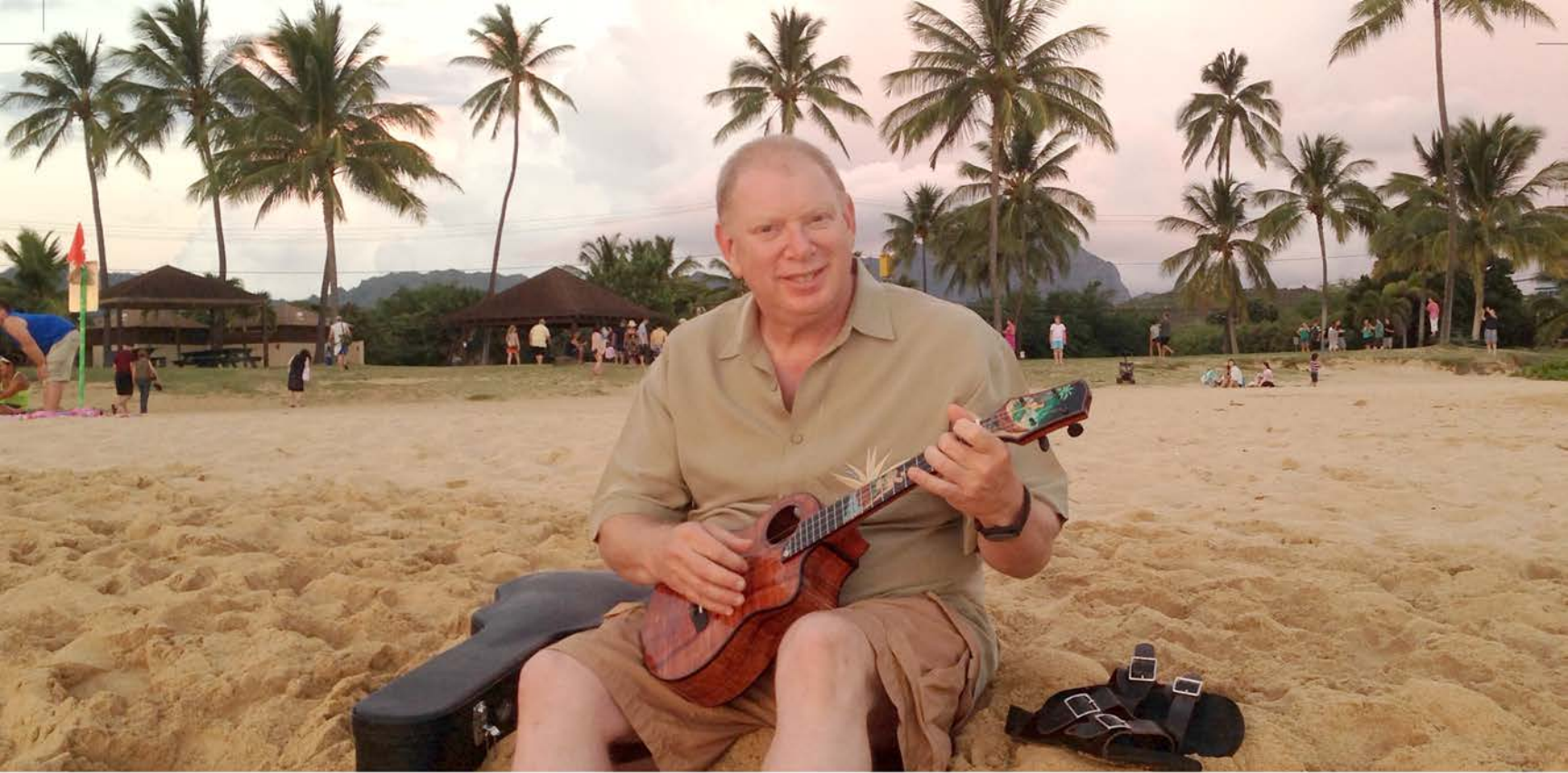
FACE DOWN



RESISTANCE



SIDE



ABOUT THE AUTHOR

EDWARD S GLASER

Dr. Edward S. Glaser DPM studied premed and mechanical engineering at SUNY Stonybrook, and went on to receive his doctorate in podiatric medicine at the New York College of Podiatric Medicine. This is not a common pathway for a podiatrist, but it turned out to be just the right exposure for a future foot bio-mechanist. For thirteen years Dr. Glaser was in private practice as a podiatrist. He was the first to challenge over thirty years of orthopedic conventions with his revolutionary MASS Posture Theory. With the founding of Sole Supports in 1992, Dr. Glaser made his life's mission a reality: 'We make people better'.



ACKNOWLEDGEMENT

First and foremost I would like to thank my wife for her support and unconditional love. Without her, Relax, Release, Relief would have never happened.

Thank you to my support staff, who worked tirelessly to finish this, Santana Marcrum, our visual artist responsible for all things illustrated and designed, Greg Welsch, who is our videographer and voice of RRR, and my sister, Barbara Glaser, who is our sales and production coordinator. All of our production staff continue to amaze me with their abilities.

Thank you to our models, Donnise Smith, Sayaka Mizusawa, Justin Nelson, Barbara Glaser, Jon Warren, and Ken Burks who allowed me to film and treat them.

Thank you to all the employees at Sole Supports, Inc and their continuing belief in making people better.

We are always learning and adding to our RRR catalogue, and some of our best ideas have come from you, the provider. Keep your ideas coming.

Edward S. Glaser



RELAX RELEASE RELIEF

The result of years of intensive research into chronic pain, RRR is a new gentle technique applied to specific soft tissues of the body. Using simple to follow instructions, RRR can be administered with minimal training. This supplemental product is designed to function in tandem with our full video course, available separately from Vimeo at vimeo.com/ondemand/relaxreleaserelief.

Topics Covered In This Edition Include The

- Foot
- Leg
- Hip
- Abdomen
- Chest
- Back
- Shoulder
- Arms
- Head & Neck
- Step-by-step full color illustrations
- Extremely low-impact painless techniques
- Minimal special equipment and hand strength required

