

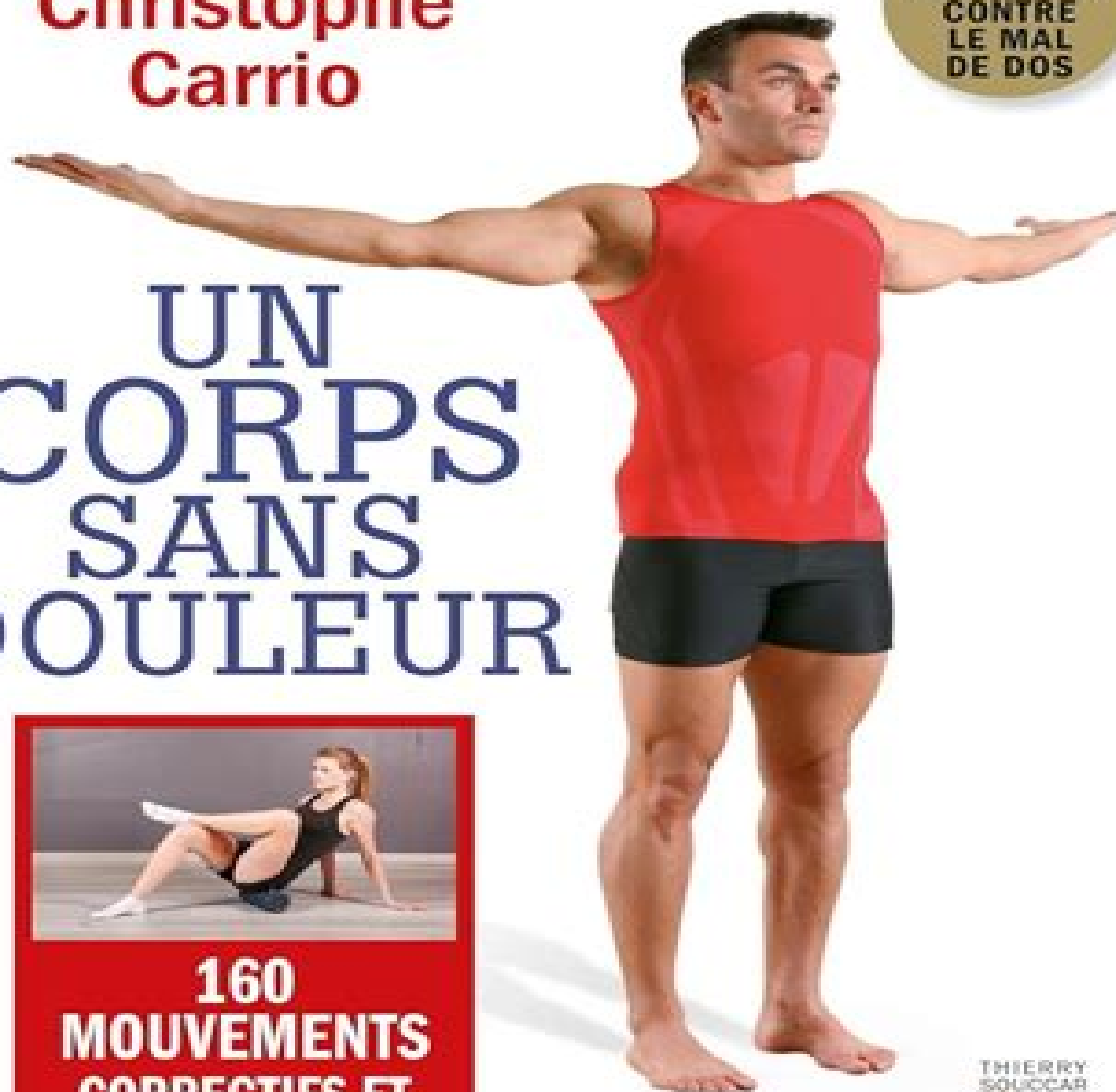
**Christophe
Carrio**

**N°1
DES VENTES
CONTRE
LE MAL
DE DOS**

UN CORPS SANS DOULEUR



**160
MOUVEMENTS
CORRECTIFS ET
D'AUTOMASSAGE**



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ÉDITIONS

Un Corps Sans Douleur Mouvements Correctifs Et Dautomassa

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RENCE pour en finir avec les douleurs chroniques Vendu pr s de 50 000 exemplaires Un corps sans douleur s est impos
comme le guide incontournable pour pr venir et corriger les douleurs li es aux mauvaises postures la s dentarit et aux d s
quilibres musculaires Maux de dos douleurs de hanche genoux sensibles tensions cervicales 80 % d entre nous souffriront un
jour ou l autre de ces troubles Or dans la plupart des cas des solutions simples existent pour r duire durablement ces
douleurs et restaurer un fonctionnement corporel optimal Inspir e des meilleures pratiques issues du sport de haut niveau et
de la r ducation fonctionnelle la m thode Carrio CTS repose sur quatre piliers compl mentaires des automassages pour rel
cher les tensions et traiter les zones douloureuses trigger points des mobilisations articulaires pour redonner de la fluidit au
mouvement des exercices correctifs et de gainage pour restaurer unquilibre musculaire des conseils nutritionnels pour r
duire l inflammation et favoriser la r cup ration Gr ce un diagnostic postural simple et des programmes adapt s rapides ou
complets chacun peut agir concr tement son rythme depuis chez soi sans mat riel co teux Un guide pratique illustr de 350
photos et sch mas explicatifs devenu un classique pour mieux bouger mieux vieillir et retrouver un corps sans douleur Un
corps sans douleur Christophe Carrio, 2014-11-18 Apprenez soulager vous m me vos douleurs Si comme 80 % de la
population vous souffrez de douleurs chroniques maux de dos de cou de hanche de genou d paules ou si vous travaillez en
position assise ce livre est votre meilleur investissement anti douleur R v lation ce sont les mauvaises postures qui
engendrent des d s quilibres musculaires et des douleurs chroniques Christophe Carrio vous montre pas pas comment
associer automas ages mobilisations articulaires exercices de correction posturale et gainage pour retrouver un parfait
quilibre Les automassages r duisent les tensions en agissant sur les trigger points Les mobilisations soulagent les
articulations Les programmes correctifs corrigent les d s quilibres musculaires Le gainage renforce la bonne posture Le
mode d emploi est simple 1 Vous identifiez votre type postural 2 Vous effectuez le programme qui vous correspond des
exercices faciles r aliser chez soi avec deux variantes une courte 5 10 min et une longue 45 min pour travailler plus en
profondeur 3 Vous adaptez votre alimentation pour sortir du cercle vicieux de l inflammation Pour tout ge et tout niveau de
forme Avec 350 photos et illustrations Christophe Carrio est dipl m de l Acad mie am ricaine de m decine sportive Athl te de
haut niveau il a t cinq fois champion du monde de karat artistique une discipline tr s traumatisante Aujourd hui il coache des
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