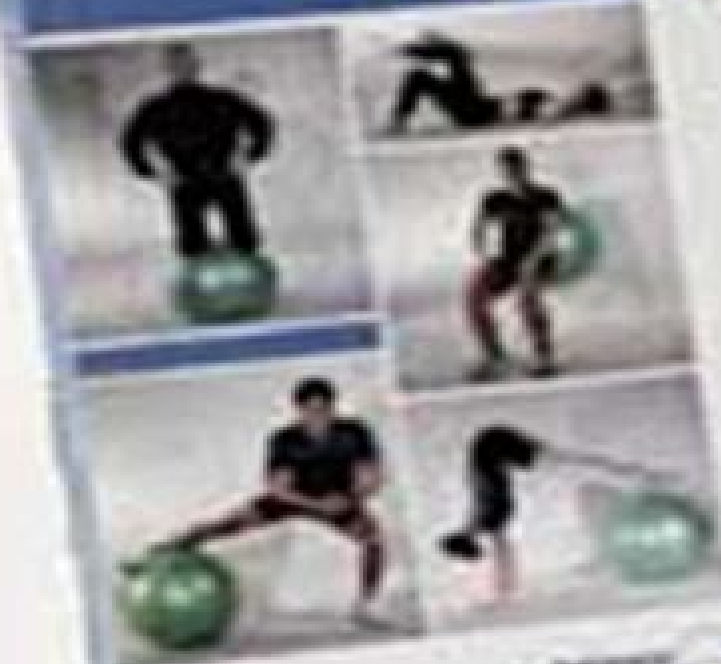


Spinal Stabilization

The New Science of Back Pain



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techniques while being mindful of the scientific literature related to the practice of spinal manual therapy. It is an ideal resource for all those interested in grasping the basics of spinal manual therapy and transferring that knowledge into practice within a clinical environment. Inside you will find sections covering evaluation, soft tissue techniques, manipulative procedures, specific exercises, and clinical problem solving. The hands-on approach taken by Makofsky's Spinal Manual Therapy makes this new edition the go-to textbook for spinal manual therapy. This unique textbook has a plethora of clinical techniques including the rationale for each of their use. With over 300 figures, illustrations, and photographs for each examination, treatment, and technique for various regions of the body, students and clinicians learning manual therapy will benefit greatly from Makofsky's Spinal Manual Therapy. This fully revised edition of Makofsky's Spinal Manual Therapy continues to mirror courses on the introduction to spinal manual therapy and will be key reading for physical therapy curriculums as well as appreciated by clinicians when entering clinical practice.

The Activator Method Arlan W. Fuhr, 2008-01-24. From basic scan protocols to advanced assessment procedures, THE ACTIVATOR METHOD 2nd Edition discusses the Activator Method Chiropractic Technique (AMCT) in an easy-to-understand how-to approach. This updated 2nd edition covers all aspects of the controlled low force analytical and adjusting system from the history of the technique to in-depth examinations of body structures. It also features expanded content on supportive subjects from seven new contributors discussing topics such as activator and instrument adjusting, history, instrument reliability in the literature, the neurology of pain and inflammation, temporal mandibular disorders, and leg length reactivity. UNIQUE: As the only Activator Method textbook in the field, it is known as the standard reference in Activator. Expert author Dr. Arlan Fuhr is a co-founder of the AMCT, bringing his unparalleled expertise to the subject. Brand new full-color photos detail assessment procedures, specific anatomical contact points, and lines of drive to clearly show procedures for easier learning. Clinical Observations boxes share the author's knowledge from years of experience and provide tips on analysis of certain conditions and suggestions for atypical cases. Summary tables in each clinical chapter allow you to quickly access pertinent information. Step-by-step instruction throughout the Instrumentation section helps you understand the principles of the technique. Appendix: Activator Quick Notes for Basic and Advanced Protocol provides at a glance reviews of important points and things to remember when performing basic and advanced protocols. A new chapter on leg length analysis procedures offers comprehensive coverage of this critical step in using the Activator Method. Seven new contributors bring fresh insight to AMCT.

Back Stability Christopher M. Norris, 2008. Back Stability: Integrating Science and Therapy, Second Edition, aids practitioners in recognizing and managing back conditions using proven clinical approaches to help clients and patients stabilize their spines.

Functional Fitness Lamar Lowery, 2017-01-30. Functional Fitness contains exercises that focus on activities everyone needs to be healthy, fit, and successful in everyday life. Regardless of whether you are working out or are working as a personal trainer with busy executives, overweight clients, back pain patients, injured athletes, or simply people who want to function better in daily life.

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