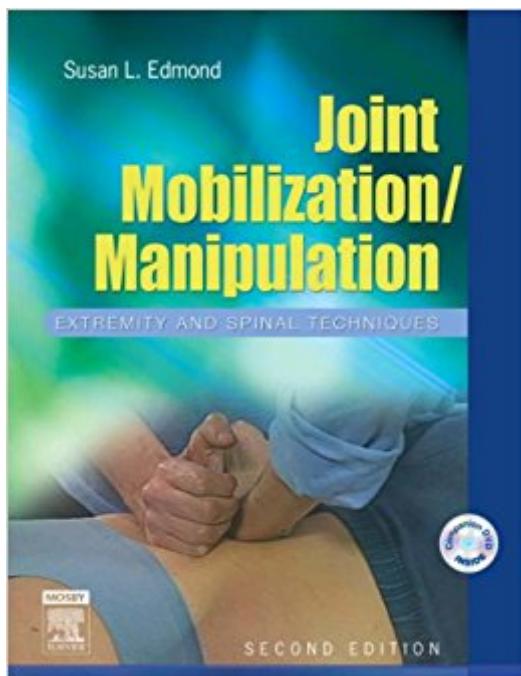


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# Joint Mobilization/Manipulation: Extremity And Spinal Techniques, 2e



## **Synopsis**

This highly illustrated text is the only book to include manipulation and mobilization techniques for both spine and extremity. This edition includes a new title that reflects the focus on evidence- based practice as well as more information on the spine, most notably with regard to joint play. Clearly labeled photos show the direction of force in techniques. A companion DVD offers video demonstrating how to perform the major procedures covered in the text. Description of joint mobilization, along with pictures, make procedures easy to understand and then perform. Unique focus on spine and extremities provides learners with information all in one place. Contraindications/precautions and indications included for each joint mobilization help to apply mobilizations to actual clinical situations. Evidence-based introductions begin each chapter to provide the latest research and rationalization for specific procedures. New information on the examination of joint play, especially in reference to the spine, provides the latest information available. Clearly labeled photos show the direction of force on the photographs that show the techniques. More information on osteokinematic and arthrokinematic motion, and degrees of freedom, provides perspective on the body planes. Better definitions of mobilization and manipulation. In the cervical spine chapter, additional mobilization techniques, such as Paris cervical gliding, have been added. Grade V (thrust) techniques have been added to the spine chapters. More muscle energy techniques added to spine chapters. Companion CD-ROM includes videos of manipulation and mobilization techniques covered in the text.

## **Book Information**

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## Customer Reviews

Timely response and great product. Thank you!

great

It's a simple book, good and simple techniques, easy to use and also comes with a DVD that shows all the mobilizations in the book. Excellent for new grads.

Assuming you have familiarity with anatomical terminology, you will find this book and the accompanying DVD Rom an excellent value. But I must admit that my own needs were particular and peculiar. I had had a painful ankle for several months and was seeking to try (at least) to fix it myself. This book is NOT a self-help book, but nevertheless, after reading the first two chapters (twice) and the section on the lower leg (twice) and watching the appropriate section on the DVD (thrice), I was able - with some difficulty - to fashion a couple of adjustments on my own lower leg and ankle. And IT WORKED! Now, other people might have problems that are impossible to self-treat. But what I'm saying is that this book was sufficiently enlightening (for me personally) to attain satisfaction. And the book/DVD was about the same price as just ONE paid physical therapy session would have cost.

I paid full price for this book thinking it was going to be in my "library" of med-texts. The DVD is so dated (I don't think the narrator takes a breath) and could be expanded on. I found some nice videos on youtube, for free. Huge disappointment!

Excellent explanations of how to manipulate bones. Very good pictures, very simple directions. I've been looking through hundreds of sources for the demos explained in this book and finally found it here. Especially good for wrist and ankle techniques.

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