

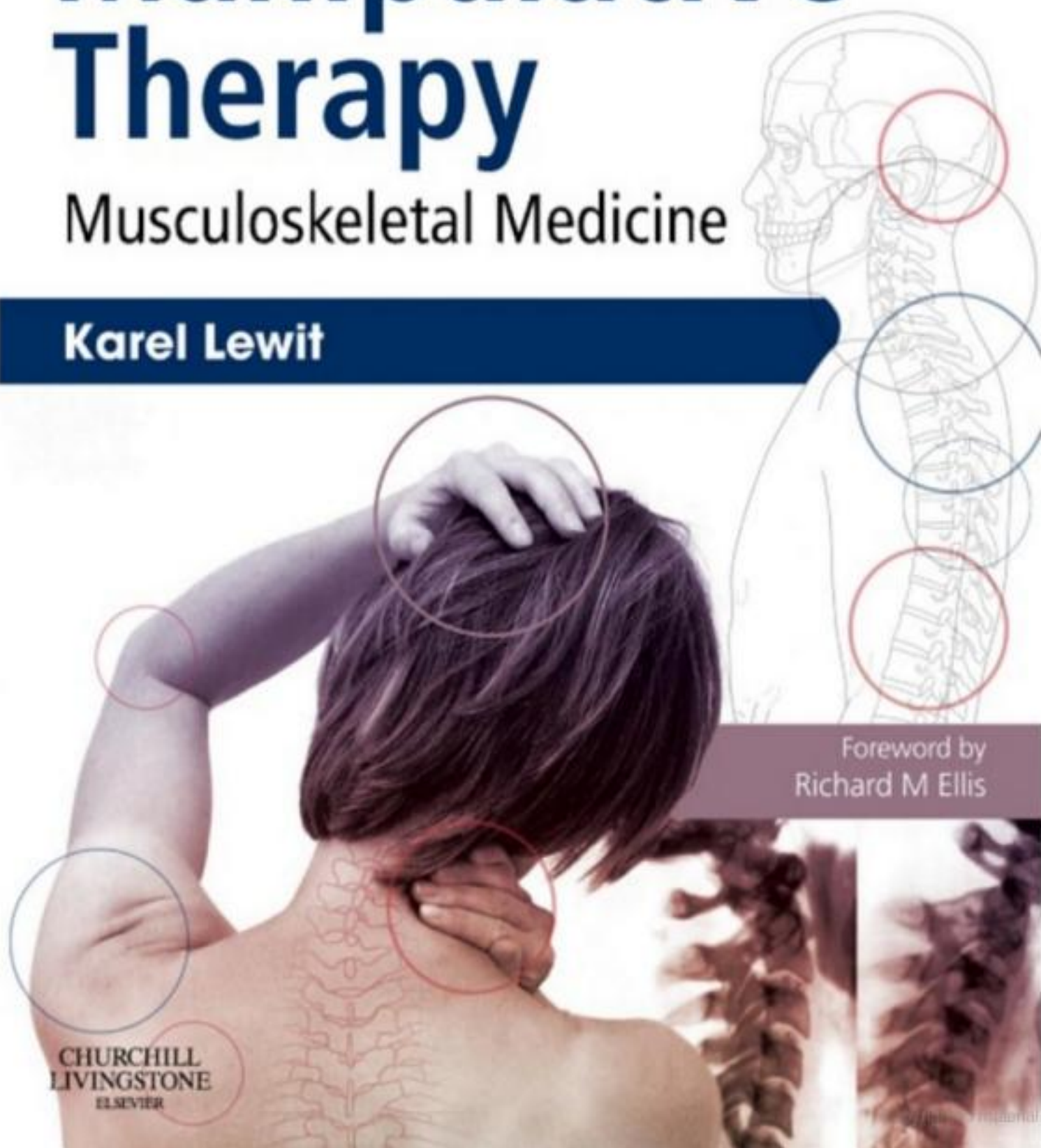
Manipulative Therapy

Musculoskeletal Medicine

Karel Lewit

Foreword by
Richard M Ellis

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Manipulative Therapy: Musculoskeletal Medicine, Karel Lewit, Elsevier Health Sciences, 2009, 070204282X, 9780702042829, 450 pages. Manipulative Therapy provides a systematic overview of chain reactions which are the basis of a rational holistic approach. These reactions are closely related to the upright human posture and to the "deep stabilisation system" as shown in the work of Richardson et al in Therapeutic Exercise for Spinal Stabilisation in Low Back Pain. This approach has meant a considerable advance in the therapy and rehabilitation of patients. It gives a balanced picture of the importance of muscles, joints and soft tissues, under the control of the nervous system, the textbook aims to treat disturbance of function, the most common cause of pain in the motor system, in the most effective way. Locomotor system dysfunctions are shown to be treated very effectively using manual medicine techniques. Spinal column and joint mobility can be restored, and pain triggered by the autonomic nervous system can be positively influenced. This is a comprehensive source of information relating to pathogenesis, diagnosis, indications and treatment methods, incorporating the latest research findings. Radiological diagnosis is shown as laying the foundation for successful diagnosis and treatment with manual medicine techniques. Typical conditions associated with pain in the locomotor system is presented and described in functional terms for the first time. The book concludes with chapters covering preventative aspects and expert assessment. Manipulative Therapy: Musculoskeletal Medicine is the follow on from: Manipulative Therapy in Rehabilitation of the Locomotor System, published by Butterworth Heinemann, 1985..

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Muscle Energy Techniques , Leon Chaitow, 2006, Medical, 346 pages. "DVD-ROM which includes the full text plus video clips of the author demonstrating many of the techniques..

Manuelle Medizin bei Funktionsstörungen des Bewegungsapparates, Karel Lewit, Nov 12, 2012, Medical, 464 pages. Die Neuauflage des Standardwerkes von Prof. Lewit vermittelt die neuesten Forschungsergebnisse und profunde Kenntnisse über Funktionskrankheiten des Bewegungsapparates

Bourdillon's spinal manipulation , Edward R. Isaacs, M. R. Bookhout, J. F. Bourdillon, 2002, Health & Fitness, 320 pages. The sixth edition of this classic text provides you with essential information on how to examine and treat patients with joint dysfunctions and muscle imbalances. Building upon

Neuromuscular Rehabilitation in Manual and Physical Therapies Principles to Practice, Eyal Lederman, Apr 6, 2010, Medical, 208 pages. Neuromuscular Rehabilitation in Manual and Physical Therapy explores the vast and complex discipline of neuromuscular rehabilitation and simplifies it for clinical use. It is a

Clinical and Radiological Anatomy of the Lumbar Spine , Nikolai Bogduk, Jan 30, 2012, Medical, 272 pages. Clinical and Radiological Anatomy of the Lumbar Spine 5e continues to offer practical, comprehensive coverage of the subject area in a unique single volume which successfully

Clinical Application of Neuromuscular Techniques: The upper body , Leon Chaitow, Judith DeLany, 2008, Medical, 595 pages. Discusses theories and physiology relevant to the manual treatment of chronic pain, especially as it regards the soft tissues of the upper body. Includes step-by-step protocols

Systematic musculoskeletal examination including manual medicine diagnostic techniques, Herbert Frisch, 1994, Science, 462 pages. In response to the great demand for an English edition of the standard German handbook, Systematic Musculoskeletal Examination will soon be available. This comprehensive book

Musculoskeletal Manual Medicine Diagnosis and Treatment, Wolfgang Gilliar, 2008, Manipulation (Therapeutics), 788 pages. Written by the authors of the popular Manual Medicine: Diagnostics and Manual Medicine: Therapy, this book is a comprehensive guide to integrating manual medicine into the

Visceral Vascular Manipulations , Jean-Pierre Barral, Alain Croibier, Jun 15, 2011, Medical, 294 pages. This work demonstrates a novel approach to visceral osteopathy. Basing their ideas on a sound understanding of the underlying A&P, Jean-Pierre Barral and Alain Croibier propose

Myofascial Trigger Points Comprehensive diagnosis and treatment, Dominik Irnich, Apr 16, 2013, Medical, 480 pages. Pain and limited function of the locomotor system are the most common reasons for visiting a doctor or therapist. Muscles play a key part in these presentations as a result of

Modern Neuromuscular Techniques , Leon Chaitow, Aug 25, 2010, Medical, 340 pages. Fully updated throughout, this popular book explains the history, rationale, and detailed descriptions of the class of soft tissue manipulation methods known collectively as

Yoga as Therapeutic Exercise A Practical Guide for Manual Therapists, Luise Worle, Erik Pfeiff, Aug 27, 2010, Medical, 256 pages. Yoga as Therapeutic Exercise is a practical guide to prescribing yoga exercises therapeutically for common health problems. The book is aimed at all manual therapists, as well

Manipulative Therapy provides a systematic overview of chain reactions which are the basis of a rational holistic approach. These reactions are closely related to the upright human posture and to the "deep stabilisation system" as shown in the work of Richardson et al in Therapeutic Exercise for Spinal Stabilisation in Low Back Pain. This approach has meant a considerable advance in the therapy and rehabilitation of patients.

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Professor Karel Lewit is a neurologist and specialist in manual medicine of international reputation, and one of the founding members of the Prague school. He is still working and teaching as a professor in Prague. He played a decisive role in promoting manual medicine in central Europe. Doctors and physiotherapists in Germany are to this day largely taught according to his principles. He worked together with Vladimir Janda and Philip Greenman, and his postisometric relaxation (PIR) and reciprocal inhibition (RI) were developed from Mitchel's muscle energy technique.

abduction and the anteflexion articular processes atlanto-occipital atlas at the axis bones breathe breath-hold can be caudal cervical spine cervicothoracic junction clinical coccyx contraction diagnosis direction dorsal dysfunctions effect elbow erector spinae examination exercise exhalation fascia Figure fingers fixation fixes flexed flexion foramen forearm forefinger function gluteus gravity-induced hand HVLA thrust hypermobility inhalation intervertebral foramen in the knee kyphosis lateral locomotor system lordosis lower lumbar spine manipulation mobilization motion segment movement patterns movement restriction occipital of the on the pain palpation patient's head pelvis performed position posture practitioner stands practitioner takes practitioner's pressure radicular reflex region relaxation resistance retroflexion rhythmic RI the patient ribs rotation sacroiliac joint sacrum scoliosis see Figure Self-mobilization self-treatment shift shoulder blade side side-bending side-lying slack soft tissue spinal column spinous process stabilizing statics stretch supine synkinesis technique tension the patient the patient's therapy thoracic spine thoracolumbar thumb to the traction transverse process trapezius treatment table TrPs trunk upper vertebra with the X-ray

physical therapy research cases MDT manual therapy chronic pain therapeutic exercise soft tissue manipulation lumbar spine cervical spine spinal manipulation The EDGE clinical decision making neurodynamics hip shoulder FMS EDGE Mobility System SFMA patient education running The

Eclectic Approach ankle courses IASTM TMD ompt channel reviews breathing evaluation thoracic spine home exercise lower back pain videos interviews forefoot running headaches pelvis posture foot private practice wrist POPTs elbow hand mirror box taping pelvic floor forearm

“We may ask why, when treating essentially the same disorders, preference is given sometimes to one method and sometimes to another. This…gives the impression that the choice of method depends on which treatment the practitioner is best able to perform, irrespective of actual suitability.”

“Modern civilization brings with it very one-sided, unvaried posture and movement, causing muscular imbalance. Lack of movement together with static or postural overload are a characteristic feature of modern life. Disturbed movement patterns and static overload are probably the most frequent causes of reversible restrictions and of their occurrence and recurrence.”

“It is important to realize…that not all vertebral segments have the same importance for the overall function. When performing a brief assessment we should therefore focus on key regions (craniocervical junction, cervicothoracic junction, middle thoracic spine, thoracolumbar junction, lumbosacroiliac joint, feet).”

“Function and its disturbances in the locomotor system are influenced by movement, load, posture, and position, especially if the position maintained is stressful. Therefore one of the most important points in recording the case history is to discover under what conditions the pain occurs.”

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Description: This venerable book by Dr. Lewit, which actually represents an update of one that had seven previous German editions and three previous English versions, has undergone significant revision and change. It provides historical background on Lewit's work, discusses etiology and pathogenesis of musculoskeletal problems, looks at functional anatomy and radiology, and then delves into diagnosis and treatment focusing on the locomotor system. Prevention is discussed as well, and updated information is provided on manipulative therapy.

Purpose: The primary purpose is to discuss and describe the treatment and diagnosis of dysfunction of the locomotor system. Secondarily, the focus is on the use of manipulative interventions. The idea is to look at facilitation and inhibition of muscles through manual methods. This is a standard in the field, and because of the changes evident in this version, it continues to be a standard bearer.

Features: The basic approach is to provide background information on how Lewit, working alongside others such as Vladimir Janda, developed the concepts and methods presented here. Then, the book shifts its focus to the etiology and pathogenesis of muscular dysfunction affecting the locomotor system, providing a sound foundation in assessing and diagnosing this system. The emphasis is on the theoretical basis for the therapeutic interventions which are used, and these techniques are described in great detail. The book leads readers through the methods, providing a series of short case reviews along the way which help illustrate the concepts. It is amply illustrated with clean figures and crisp photographs, and augmented by a rather extensive list of suggested

readings. This version rearranges information from past editions, and adds support for the use of manipulative interventions.

Assessment: This is a solid and worthwhile update, and well worth obtaining. I have little to add, except that this is a great revision of a standard in the field, still the benchmark for information about manual therapy for locomotor system dysfunction and very much in the European model of manual care. It continues to build upon the pioneering work of people such as Lewit himself, Janda, Vojta, and others, and should be required reading for those who use manipulative interventions.

Illustrated with b&w photos and drawings, this text demonstrates how to treat locomotor system dysfunctions using manual medicine techniques, covering fundamental theory, etiology and pathogenesis, functional anatomy and radiology of the spinal column, clinical aspects, treatment indications, assessment, and preventive measures. One chapter details therapeutic techniques with b&w photos; another chapter is devoted to typical conditions associated with pain in the locomotor system, described in functional terms. A glossary is included. The first Czech edition of this book was published in 1967. Subsequent editions were published in other languages, and in English in 1985 under the title Manipulative Therapy in Rehabilitation of the Locomotor System. The eighth (2006) German edition has been translated and updated for the present English version. Lewit is one of the co-founders of the Prague School of Manual Medicine and Rehabilitation. He is professor emeritus at the Charles University in Prague. Annotation ©2010 Book News, Inc., Portland, OR (booknews.com)

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