



Diagnosis and Treatment of Movement Impairment Syndromes: Pageburst Retail, Shirley Sahrmann, Elsevier Science Health Science Division, 2001, 1455734764, 9781455734764, 380 pages. This is a Pageburst digital textbook; Authored by an acknowledged expert on muscle and movement imbalances, this well-illustrated book presents a classification system of mechanical pain syndrome that is designed to direct the exercise prescription and the correction of faulty movement patterns. The diagnostic categories, associated muscle and movement imbalances, recommendations for treatment, examination, exercise principles, specific corrective exercises, and modification of functional activities for case management are described in detail. This book is designed to give practitioners an organized and structured method of analyzing the mechanical cause of movement impairment syndrome, the contributing factors, and a strategy for management. * Provides the tools for the physical therapist to identify movement imbalances, establish the relevant diagnosis, develop the corrective exercise prescription and carefully instruct the patient about how to carry out the exercise program. * Authored by the acknowledged expert on movement system imbalances. * Covers both the evaluation process and therapeutic treatment. * Detailed descriptions of exercises for the student or practitioner. * Includes handouts to be photocopied and given to the patient for future reference..

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Chapter One: Introduction Chapter Two: Concepts and Principles of Movement System Balance Chapter Three: Imbalances of the Trunk and Low Back Movement Impairment Syndromes Chapter Four: Lower Extremity Imbalances and Hip Impairment Syndromes Chapter Five: Upper Extremity Imbalances and Shoulder Impairment Syndromes Chapter Six: Examination for Muscle and Movement Imbalances of the Lower Quarter, the Trunk, and the Shoulder Girdle Chapter Seven: Exercise Descriptions for the Practitioner Chapter Eight: Exercise Handouts for the Patient Chapter Nine: Case Studies

90 degrees abdominal muscles abduction abductor activity alignment back extensor cause Chapter contraction contribute correct decrease diagnosis dysfunction excessive external oblique femoral femur forward bending glenohumeral joint gluteus maximus muscle greater trochanter hamstring muscles hip adduction hip and knee hip extension hip flexion hip joint hip lateral rotation hip medial rotation hip rotation iliac crest increase knee extension knee flexion kyphosis lateral flexion left hip low back pain lower extremity lumbar extension lumbar flexion lumbar spine lumbopelvic manual muscle test medial rotation ment movement impairment movement patterns muscle length normal passive pectoralis minor muscle pelvic rotation pelvis PICR posture prone position quadruped quadruped position range of motion rectus femoris rectus femoris muscle rocking backward sarcomeres scapula segments serratus serratus anterior muscle short shoulder flexion side side-lying position spinal standing starting position stiffness stretch supine position symptoms tensor fascia tensor fascia lata TFL-ITB therapist thigh tion tissues trunk weak

This is a Pageburst digital textbook; Extensively illustrated and evidence based, Movement System Impairment Syndromes of the Extremities, Cervical and Thoracic Spines helps you effectively diagnose and manage musculoskeletal pain. It discusses diagnostic categories and their associated muscle and movement imbalances, and makes recommendations for treatment. Also covered is the examination itself, plus exercise principles, specific corrective exercises, and the modification of functional activities. Case studies provide examples of clinical reasoning, and a companion Evolve website includes video clips of tests and procedures. Written and edited by the leading experts on muscle and movement, Shirley Sahrmann and associates, this book is a companion to the popular Diagnosis and Treatment of Movement Impairment Syndromes.

Detailed, yet clear explanations of examination, exercise principles, specific corrective exercises, and modification of functional activities for case management provide the tools you need to identify movement imbalances, establish the relevant diagnosis, and develop the corrective exercise prescription.

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