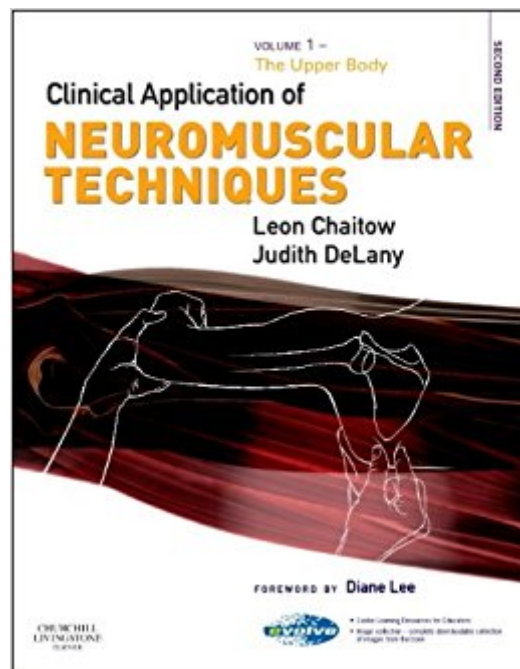




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# Clinical Application Of Neuromuscular Techniques, Volume 1: The Upper Body, 2e (Clinical Applications Of Neuromuscular Techniques)



## Synopsis

The book discusses theories and physiology relevant to the manual treatment of chronic pain, especially as it regards the soft tissues of the upper body. Step-by-step protocols that address each muscle of a region and a regional approach to treatment are features that make this book unique. A structural review of each region, including ligaments and functional anatomy, adds value for new students and practitioners alike. Comprehensive "one-stop"™ text on care of somatic pain and dysfunction. Designed and written to meet the needs of those working with neuromuscular dysfunction in a variety of professions. All muscles covered from perspective of assessment & treatment of myofascial pain. Describes the normal anatomy and physiology as well as the dysfunctions which may arise. Gives indications for treatments and guidance on making the appropriate treatment choice for each patient. Combines NMT, MET, PR and much more to give a variety of treatment options for each case. Describes the different NMT techniques in relation to the joint anatomy involved. Practical step-by-step technique descriptions. Includes not only manual techniques but also acupuncture, hydrotherapies and nutritional support as well as guidance for the patient in the use of self-help approaches. Two-color format. Up-to-date evidence based content.

## Book Information

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## Customer Reviews

Leon Chaitow ND DO is an internationally known and respected osteopathic and naturopathic practitioner and teacher of soft tissue manipulation methods of treatment. He is author of over 60

books, including a series on Advanced Soft Tissue Manipulation (Muscle Energy Techniques, Positional Release Techniques, Modern Neuromuscular Techniques) and also Palpation Skills; Cranial Manipulation: Theory and Practice; Fibromyalgia Syndrome: A Practitioner's Guide to Treatment, and many more. He is editor of the peer reviewed Journal of Bodywork and Movement Therapies, that offers a multidisciplinary perspective on physical methods of patient care. Leon Chaitow was for many years senior lecturer on the Therapeutic Bodywork degree courses which he helped to design at the School of Integrated Health, University of Westminster, London, where he is now an Honorary Fellow. He continues to teach and practice part-time in London, when not in Corfu, Greece where he focuses on his writing. Judith DeLany LMT has spent over two decades developing neuromuscular therapy techniques and course curricula for manual practitioners as well as for massage schools and other educational venues. Her ongoing private trainings with the Tampa Bay Rays athletic trainers (professional baseball) as well as customized trainings for noteworthy US-based spas show incorporation of NMT into diverse settings. She has contributed a chapter to Chaitow's Modern Neuromuscular Techniques and Stillerman's Modalities for Massage and Bodywork and co-authored contributions to Coughlin's Principles and Practices of Manual Therapeutics and Micozzi's Fundamentals of Complimentary and Alternative Medicine. As an international instructor of NMT American version, co-author of three NMT textbooks, and associate editor for Journal of Bodywork and Movement Therapies, her professional focus aims to advance education in all healthcare professions to include myofascial therapies for acute and chronic pain syndromes. Judith DeLany resides in St. Petersburg, Florida where she is the director of and primary curriculum developer for NMT Center.

Excellent book.

Very concise and thorough. You couldn't ask for a better book. I feel it will add to my skill level greatly.

Excellent resource for manual therapists. As a practicing physical therapist, this text gives great insight into palpation and technique. It is a great tool in the toolbox!

Differential diagnosis of systemic disorders of the upper body can be extremely complex. It calls on all the skills a clinician has to draw on in order to combine observation and examination together into a coherent whole. Chaitow and DeLany have created a series of textbooks that are

encyclopedia in nature, presenting the latest basic scientific and outcomes research from the many fields that treat disorders of the lower and upper body. The artwork and illustrations alone are worth the price of these books. The writing style is easy and fluid and memorable, and my own yellow-marker marginalia floats across almost every page of these memorable textbooks.

Therapists and physicians alike will learn far more than they ever thought they could from these comprehensive and dare I say masterful textbooks. The chapters on myofascial tissues combines the latest thinking that Dr. Chaitow presents regularly in the journal he edits, the Journal of Bodywork and Movement Therapies. The chapter on the muscles is traditionalist, with the Janda differentiations of muscles that tend to be inhibited compared to those that tend to be hypertonic adhered to. The chapter on receptors in the myofascial and joint systems and skin, eyes and ears is excellent. Chaitow and DeLany's interest in explaining the adaptations and compensations that the body and the human being make to stress (physical, emotional, and/or chemical) is delineated throughout the textbook and makes this narrative theme appealing to the reader. The separate sections on the cervical spine, the cranium, the shoulder, arm and hand and thorax cover these areas with deep insight and comprehensiveness. These books take the reader farther into these subjects than almost any others. Highly Recommended!-- Dr. Scott Cuthbert, author of *Applied Kinesiology Essentials: The Missing Link in Health Care* (2013), and *Applied Kinesiology: Clinical Techniques for Lower Body Dysfunctions* (2013).

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