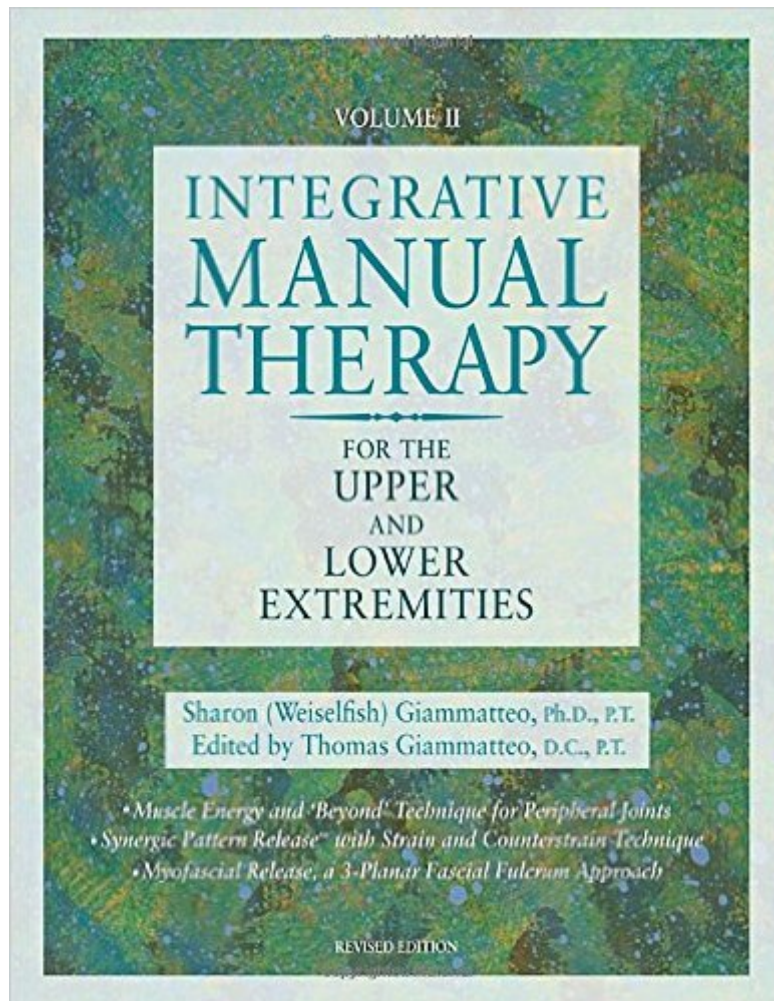


The book was found

Integrative Manual Therapy For The Upper And Lower Extremities



Synopsis

This book includes a description of treatment for the peripheral joints to improve joint mobility, articular balance and vertical dimensions of the intra-articular space. Newly developed Muscle Energy and 'Beyond' Technique is outlined with illustrations and photographs. Treatment of protective muscle spasm and spasticity with Strain and Counterstrain Technique is covered with explanations for application and integration. Soft Tissue and Articular Myofascial Release are presented. Tendon Release Therapy and Ligament Fiber Therapy are new and exciting approaches for physical medicine and rehabilitation. Pressure Sensor Therapy to normalize foot/ground forces transcribed up the leg during standing and ambulation is presented. This book provides a comprehensive rehabilitation program for upper and lower extremity pain and disability.

Book Information

Hardcover: 192 pages

Publisher: North Atlantic Books; REV ed. edition (December 4, 1998)

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Product Dimensions: 8.7 x 0.7 x 11.3 inches

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #1,178,536 in Books (See Top 100 in Books) #89 in [Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Osteopathy](#) #191 in [Books > Medical Books > Medicine > Internal Medicine > Osteopathy](#) #862 in [Books > Health, Fitness & Dieting > Alternative Medicine > Massage](#)

Customer Reviews

The first page I turned to was a section on a positional release for pectoralis minor. She claimed its origin was on ribs 2-4. Hertling & Kessler, McGee, Snell, Grays, Netter, Trevel, Beil, Tortora, 2 different muscle testing books, two different kinesiology books, and personal experience with cadavers say that pectoralis minor originates on ribs 3-5! This would have been inconsequential except that her reason for treating pec minor was to SPECIFICALLY MOBILIZE THE SECOND RIB. This means she was using pec minor's erroneous attachment as a BASIS for treatment. Upon further review of this book, I have found it is littered with similar errors. With all of the author's training, she doesn't seem to have a grasp on rudimentary aspects of knowledge. With that being

said, I cannot trust the knowledge contained in this book or any of her volumes. One other point: Throughout the book she constantly "buffs-up" her form of treatment; as if to try to convince me on how revolutionary this method is. She has many many trademarked names for new things (all of which have been found in other disciplines; specifically craniosacral therapy/myofascial release and any routine positional release book), and many instances where she reiterates how new and involved IMT is. Her self promoting actually makes her look unconfident about her treatment; that it cannot hold up on its own merit without promotion. Recommended books: Positional Release Therapy by D'Ambrogio, Spinal Manipulations by Bourdillan, and Principles of Manual Medicine.

I use this book a lot in the clinic (outpatient PT). The strain/counterstrain techniques are illustrated and very effective. A lot of theory, but lots of practical applications with muscle energy, strain/counterstrain, and even tendon/ligament therapy. Highly recommend it!

This is a great book

My son-in-law is a physical therapist and I got these for his library. He loves them. These are very good books for someone wanting to know more about MIT

This book is amazingly simple to read and use with astonishing results to rid the body of aches and pains.

Excellent and thorough.

Integrative Manual Therapy: For the Upper and Lower Extremities is an easy to use book. I use the muscle energy techniques and strain counterstrain techniques all the time. They are wonderful for increasing function and decreasing joint pain. ---- from Kim Burnham, PhD Editor of w[...] an evidence based website and e-newsletter covering the benefits of manual therapy, massage and other Integrative medicine for a wide variety of conditions. Recently covered topics include Osteoarthritis of the Knee, Breast Cancer, Bird Flu, Parkinson's Disease, Lymphedema, Low Back Pain and more.

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