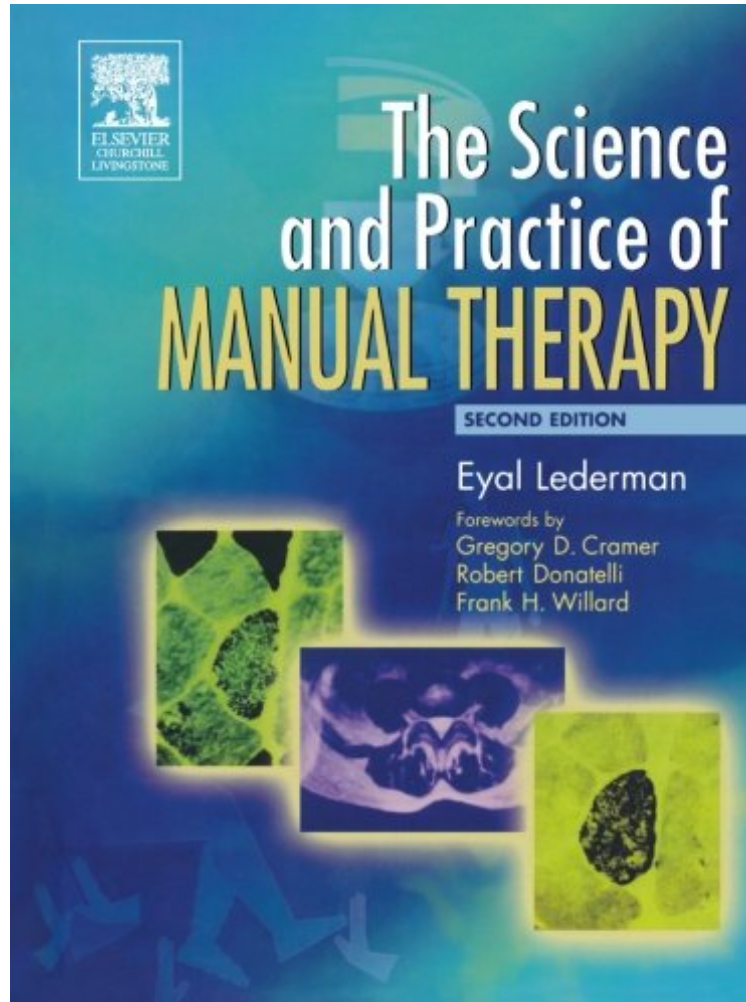


## The Science Practice of Manual Therapy, 2e

*Eyal Lederman DO PhD*

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3 of 3 people found the following review helpful. Essential for all manual therapistsBy A. BruceIf you are ready to visit (perhaps for the first time) what really might be happening when you touch your patients then this is the book for you. Lederman attempts to put science into the grey areas of manual and physical therapy. He has expanded some of these concepts in his later texts but this is a great (in depth) introduction. If all manual therapists had read this book perhaps there would be less confusion among people in pain.

This practical book offers an extensive examination of how manual therapy (MT) techniques work, and how to match the most suitable techniques to different conditions. Drawing on evidence-based research, it explores the

physiological, neurological and psychophysiological responses of the human body to MT techniques. In doing so, it helps MT practitioners deliver a more effective and safer treatment for a broader range of conditions. Comprehensive overview helps provide an understanding of how and why MT techniques work. Content is written in jargon-free, easy-to-read style, with most terms explained. Text is enhanced by over 120 diagrams, photographs and tables. Manual pain relief is extensively discussed throughout the book. Section 1 examines the direct effects of manual therapy on connective tissue and muscle physiology, examining how MT can help assist repair and adaptation processes in these tissues. Section 2 examines the effect of MT on the neuromuscular system, identifying conditions where neuromuscular dysfunctions can be treated by MT. Section 3 examines the psychological, emotional and behavioral impacts of MT, in addition to the psychophysiological affects of MT, including psychomotor, neuroendocrine, and autonomic responses. More than 1,000 references relevant to manual therapy are included, making this an essential source book for students and researchers of MT. Content is completely rewritten, extensively updated and expanded, adding new research material, novel clinical approaches, and demonstrations of new techniques and assessments. Pain coverage is expanded. More information is included on the responses of muscle to mechanical stimuli when applying MT techniques.

From the Author Eyal Lederman, Director, the Centre for Professional Development in Osteopathy and Manual Therapy, London UK  
About the Author Dr Eyal Lederman is Director, Centre for Professional Development in Manual Therapy, London, UK and a practicing osteopath. Eyal completed his PhD in physiotherapy at Kings College London where he researched the neurophysiology of manual therapy. He is actively involved in manual therapy research at UCL, exploring the clinical use of functional stretching. Eyal regularly teaches manual therapy techniques and the physiological basis of manual therapy in different schools across the UK and abroad. He has published many articles in the area and is the author of Harmonic Technique, The Science and Practice of Manual Therapy, Neuromuscular Rehabilitation in Manual and Physical Therapies and Therapeutic Stretching: Towards a Functional Approach.