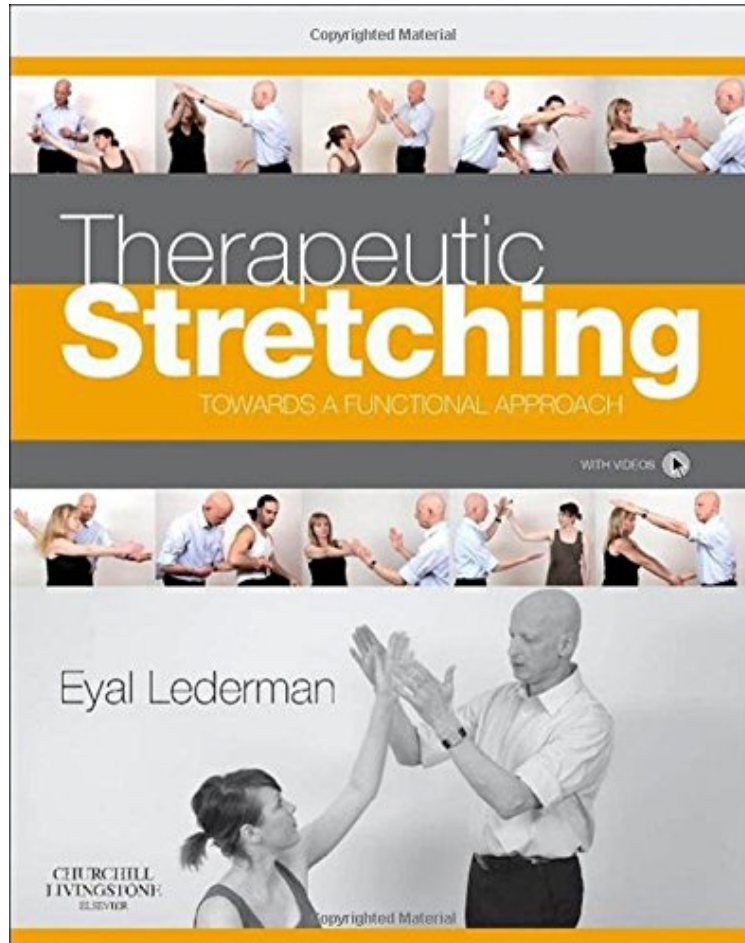


(Download pdf ebook) Therapeutic Stretching: Towards a Functional Approach, 1e

Therapeutic Stretching: Towards a Functional Approach, 1e

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From Churchill Livingstone : Therapeutic Stretching: Towards a Functional Approach, 1e before purchasing it in order to gage whether or not it would be worth my time, and all praised Therapeutic Stretching: Towards a Functional Approach, 1e:

3 of 3 people found the following review helpful. Good text on the subjectBy CustomerUp front this was a great book and I found it very interesting. I actually read the whole thing which has become rather rare for me.Things I liked: this book does a very good job of integrating the patients beliefs, motor learning principles, and keeping the patient the locus of control within the framework of ROM restoration. If you read his neuromuscular book you will be familiar with some of the aspects. He does a great job laying a framework and discussing how to approach your goal within this framework. The last chapter gives a lot of practical examples of how to apply it.The things I didn't like: basically his entire discussion on how we get ROM increases. For a book that in general really relied on a solid research foundation I felt this part really underdelivered with a significant portion of the argument being an appeal to "common sense" and analogy.So in the end I enjoyed the book, took a lot away from the process, but found a few sections to be

rather weakly defended. All in all its well worth reading. 1 of 2 people found the following review helpful. I thought this would include the lower body. It's ...By Judy Porter I thought this would include the lower body. It's all upper body. I also thought it would show the therapist how to stretch the client/patient, it did not. The videos did not work for me either.

"This is a highly enjoyable and well presented book that I recommend for any clinician from student to experienced practitioner. It is suitable for all physiotherapists, manual therapists, sports physiotherapists/therapists, strength and conditioning coaches, sports scientists, athletes and patients who would like to understand, recover and improve their range and ease of movement." Jimmy Reynolds, Head of Sports Medicine - Academy, Ipswich Town Football Club, Oct 14
Helps transform thinking about the therapeutic value of stretching and how it is best applied in the clinical setting
Examines the difference between therapeutic and recreational stretching
Focuses on the use of stretching in conditions where individuals experience a loss in range of movement (ROM)
Explores what makes stretching effective, identifying behaviour as a main driving force for adaptive changes
Discusses the experience of pain, sensitization and pain tolerance in relation to stretching and ROM recovery
Contains over 150 photographs and 45 minutes of video describing this new revolutionary approach
Applicable to a variety of perspectives including osteopathy, chiropractic, physical therapy, sports and personal trainers
Ideal for experienced practitioners as well as those taking undergraduate and postgraduate courses

"This is a highly enjoyable and well presented book that I recommend for any clinician from student to experienced practitioner. It is suitable for all physiotherapists, manual therapists, sports physiotherapists/therapists, strength and conditioning coaches, sports scientists, athletes and patients who would like to understand, recover and improve their range and ease of movement." ed by: Jimmy Reynolds, Head of Sports Medicine - Academy, Ipswich Town Football Club, Date: Oct 14
From the Back Cover
STRAP LINE: Stiffness and restricted range of movement are the most common clinical presentations second to pain. This book is intended for all therapists and individuals who would like to help others or themselves to recover or improve their ease and range of movement. Prepared by an international authority, Therapeutic Stretching: Towards a Functional Approach offers a highly accessible account of the latest information regarding the role of therapeutic stretching in the management of restricted range of movement (ROM) disorders. Richly illustrated throughout, this exciting new volume covers the physiological basis of stretching, explores its classification and examines what is normal and abnormal in terms of ROM. Chapters then explain the processes that are associated with ROM loss and recovery as well as what makes stretching effective. The experience of pain, sensitization and pain tolerance in relation to stretching and ROM recovery are also discussed. Additional features include: Helps transform thinking about the therapeutic value of stretching and how it is best applied in the clinical setting
Examines the difference between therapeutic and recreational stretching
Explores what makes stretching effective, identifying behaviour as a main driving force for adaptive changes
Contains over 150 photographs and 45 minutes of video describing this new revolutionary approach
Ideal for experienced practitioners as well as those taking undergraduate and postgraduate courses
Contains over 150 photographs and 45 minutes video describing this new revolutionary approach
Embracing the latest scientific research, this volumerevolutionary book attempts to debunk many poorly understood - yet traditionally accepted - stretching theories and associated techniques and supplants them with a more robust, scientifically valid system of practice. The volume and associated website will be ideal for all manual and physical therapists, sports and personal trainers, and athletes who require special movement ranges.
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.