

Jones Strain Counterstrain

Strain-CounterstrainLehrbuch der osteopathischen MedizinPositional Release Techniques with on-line videos E-BookOrthopaedic Manual Physical TherapyJones Strain-CounterstrainBehandlung von Bewegungseinschränkungen im Bereich der Halswirbelsäule mit der Strain-Counterstrain-MethodeKraniosakrale OsteopathieGOT – Ganzheitliche Osteopathische TherapieJones Strain-CounterstrainJones Strain-counterstrainOrthopaedic Examination, Evaluation, and InterventionMuscle Energy TechniquesMassage TherapyDas neue Strain-CounterstrainMusculoskeletal Interventions: Techniques for Therapeutic ExerciseAdults with Developmental DisabilitiesModern Neuromuscular TechniquesThe Journal of the American Osteopathic AssociationRational Manual TherapiesNew York Medical Journal Lawrence H. Jones Philip E. Greenman Leon Chaitow Christopher H. Wise Lawrence H. Jones Alexa Bareis Torsten Liem Wim Hermanns Lawrence H. Jones Lawrence H. Jones Mark Dutton Leon Chaitow Jean E. Loving Raphael van Assche Michael Voight Mildred Ross (OTR.) Leon Chaitow John V. Basmajian

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die strain counterstrain methode ist ein wesentlicher bestandteil des osteopathischen behandlungskonzepts | h jones der begründer der methode stellt in diesem reich bebilderten buch sein system an leicht zu erlernenden positionen vor die entwicklung des strain counterstrain konzepts physiologische grundlagen und pathogenese der gelenkdysfunktionen alle behandlungsprinzipien und anwendungsgebiete präzise anleitungen zum auffinden und behandeln der tenderpoints am gesamten muskulo skelettalen system

positional release techniques continues to be the go to resource for those who want to easily learn and confidently use this manual approach to safely manage pain and dysfunction in humans and animals as well as a structural revision the fourth edition now includes new illustrations and chapters with videos and an image bank on a companion website to reinforce knowledge at its core the book explores the principles and modalities of the different forms of positional release techniques and their application which range from the original strain counterstrain method to various applications in physical therapy such as mckenzie s exercise protocols and kinesio taping methods that unload tissues these methods are traced from their historical roots up to their current practice with a showcase of emerging research and evidence in addition to a series of problem solving clinical descriptions supported by photos of assessment and treatment methods learning is further boosted by practical exercises which examine prt methodology and the mechanics of their use emphasises safety and usefulness in both acute and chronic settings comprehensive coverage of all methods of spontaneous release by positioning easy to follow and extensively illustrated balanced synopsis of concepts and clinical approach models throughout revised content structure new chapters including strain counterstrain research positional release and fascia balanced ligamentous tension techniques visceral positional release the counterstrain model redrawn and new artwork

take an eclectic evidence based approach to orthopaedic manual therapy from theory through practical application of soft tissue and joint

mobilization techniques this comprehensive resource delivers the depth and breadth of coverage you need to optimize patient outcomes through informed clinical decision making as part of a comprehensive intervention regimen

das standardwerk stellt umfassend die grundlagen der kraniosakralen osteopathie aus mechanischer und vitalistischer sicht dar es liefert eine vielzahl an techniken zur direkten umsetzung verfeinern sie ihre palpatorischen fähigkeiten der schwerpunkt liegt auf der anatomie der schädelstrukturen und den häufigsten techniken zu einzelnen schädelknochen ein umfangreiches bildmaterial erläutert schritt für schritt das vorgehen behandlungsreaktionen können exakter beurteilt homöodynamische kräfte in den geweben nachvollzogen und therapeutisch genutzt werden neu neue behandlungsansätze für das autonome nervensystem neue studien stark überarbeitete und neu verfasste kapitel zu den halsfaszien und zur verbesserung der zirkulation neues kapitel zur palpatorischen annäherung an hirnstrukturen

vielseitig effektiv und schonend lassen sie sich schritt für schritt durch die grundlagen und prinzipien der got führen und erlernen sie die techniken und deren anwendungsmöglichkeiten mit ihrem rhythmisch mobilisierenden konzept wirkt die got einführend und schonend auf die gewebe steigen sie leicht in die ganzheitliche osteopathische therapie ein Überblick über die behandlungsoptionen kombination mit anderen methoden z b triggerpunktbehandlung mit zahlreiche anwendungen direkt in der praxis umsetzbar methodenhandbuch für studierende und postgraduierte mehr als eine reine technikanleitung sie lernen ursprünge und philosophie des konzepts kennen und werden dadurch zur freien und individuellen anwendung der got angeleitet sorgen sie mit der therapie für nachhaltigkeit und stabilität der resultate informieren sie sich über die sichtweisen littlejohns und wernhams die beide zur entwicklung der got beigetragen haben neu in dieser auflage ist die diagnostik nach f x mayr die got eingänglich erklärt und einfach anwendbar jederzeit zugreifen der inhalt des buches steht ihnen ohne weitere kosten digital in der wissensplattform osteothek zur Verfügung zugangscode im buch

a complete evidence based guide to orthopaedic evaluation and treatment acclaimed in its first edition this one of a kind well illustrated resource delivers a vital evidence based look at orthopaedics in a single volume it is the ultimate source of orthopaedic examination

evaluation and interventions distinguished by its multidisciplinary approach to pt practice turn to any page and you ll find the consistent unified voice of a single author a prominent practicing therapist who delivers step by step guidance on the examination of each joint and region this in depth coverage leads clinicians logically through systems review and differential diagnosis aided by decision making algorithms for each joint it s all here everything from concise summaries of functional anatomy and biomechanics to an unmatched overview of the musculoskeletal and nervous systems

describes the basis and practice of met a widely recognized approach to the treatment of musculoskeletal dysfunction it fuses methods used in physical therapy osteopathy and manual medicine the text provides a comprehensive and up to date presentation of the techniques the cd rom includes video clips to demonstrate the application of the techniques and so supports and supplements the text

presenting the principles and techniques of massage massage therapy theory practice emphasizes the implementation of therapeutic skills to practice this resource covers the principles and techniques of massage as well as the application of learned techniques to the needs of the workplace describing the uses of contemporary and classic massage strokes this text is ideal for students at both entry and intermediate levels

the definitive a to z overview of evidence based rehab programs using therapeutic exercise in this exceptional evidence and guide based clinically oriented resource you ll learn everything you need to know about the design implementation and supervision of therapeutic exercise programs for orthopedic injuries and disorders the book s logical five part organization begins with an instructive look at the foundations of the rehabilitation process then covers the treatment of physiologic impairments during rehabilitation rehabilitation tools intervention strategies and special considerations for specific patient populations features helpful review of the foundations of the rehabilitation process thorough coverage of managing the healing process through rehabilitation and an algorithm based approach to musculoskeletal rehabilitation complete survey of rehabilitation tools from isokinetics aquatic therapy and orthotics to a four step clinical

model for the essentials of functional exercise full chapters on functional progressions and functional testing and unique coverage of core stabilization training impaired function and impaired muscular control unique coverage of a functional movement screen a practical system for history taking and scanning unique coverage of how to treat special segments of the population including geriatric and pediatric patients amputees and the active female an easy to follow body region approach to intervention strategies handy appendices covering the american college of sports medicine position statements on strength training and fitness development an abundance of study enhancing illustrations plus clinical pearls and protocols designed to speed clinical decision making

another in the advanced soft tissue techniques series neuromuscular techniques nmt focus on the assessment and treatment of myofascial trigger points using thumb finger applications the book explains the significance of local soft tissue dysfunction in its relation to pain and more general musculoskeletal dysfunction

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