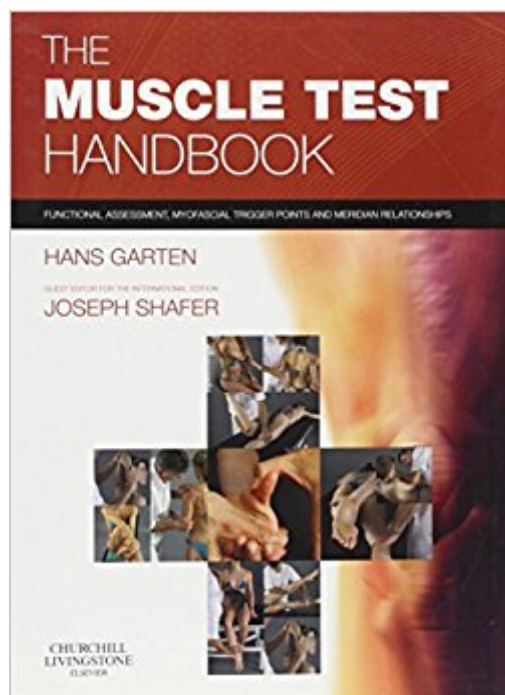




Ebook Directory
the best source of ebook

The book was found

The Muscle Test Handbook: Functional Assessment, Myofascial Trigger Points And Meridian Relationships, 1e



Synopsis

Especially prepared for the international audience, the English language edition of this highly successful handbook describes Professional Applied Kinesiology muscle testing procedures. A departure from the classic understanding of muscle testing for weakness and rehabilitation, these procedures can be used for detecting more subtle, functional abnormalities. Included within the chapters are stretch tests and post-isometric relaxation procedures for the hypertonic, shortened muscle. Muscle anatomy and physiology are briefly recapped in order to enhance reader comprehension. The Muscle Testing Handbook describes testing procedures for almost 100 individual muscles in a unique, quick reference, template approach. In close collaboration with Dr. Garten, the German edition has been adapted for the English-language audience by Dr. Shafer, an American chiropractic colleague. This book is ideal for use by manual therapists, physiotherapists, osteopaths, chiropractors, sports scientists and neurology department staff worldwide. Clearly describes modern muscle test procedures The individual aspects of each muscle are easily compared by the use of well-illustrated templated descriptions A double-page spread design allows the reader a rapid, at-a-glance access to essential information Muscle anatomy and function are succinctly recapped in order to facilitate a complete understanding of the relevance and applicability of the individual test Classic Applied Kinesiology muscle tests for detecting functional abnormalities are well described along with stretch testing and post-isometric relaxation procedures for hypertonic, shortened muscles The importance of postural analysis for the assessment of specific muscle dysfunction is discussed and plainly described Illustrates painful spondylogenic reflex points (areas) for each muscle The role of distal acupuncture points and tendinomuscular meridians in maintaining normal muscle and muscle chain function are noted in accompanying diagrams The most commonly found trigger points, their referred pain patterns and relationship to nearby acupuncture points are clearly illustrated for each muscle Perfect for use in orthopaedics, neurology, general medicine, physiotherapy, chiropractic and osteopathy

Book Information

Spiral-bound: 304 pages

Publisher: Churchill Livingstone; 1 Spi edition (May 2, 2013)

Language: English

ISBN-10: 0702037397

ISBN-13: 978-0702037399

Product Dimensions: 6.9 x 0.9 x 9.4 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 5 customer reviews

Best Sellers Rank: #1,414,431 in Books (See Top 100 in Books) #93 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Acupuncture #776 in Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure #1008 in Books > Textbooks > Medicine & Health Sciences > Allied Health Services > Physical Therapy

Customer Reviews

Hans Garten MD is the founder of an interdisciplinary practice for complementary and orthopaedic medicine in Munich, Germany. His main focus is on myofascial and musculoskeletal system disorders, with special emphasis on metabolic influences on the latter. Dr. Garten is a certified anaesthesiologist and holds a Medical Board Certificate of Chiropractic, Acupuncture and Natural Healthcare. He holds diplomas from the International Board of Applied Kinesiology (DIBAK), the American Chiropractic Neurology Board (DACNB), the German-American Osteopathic Association (DAAO) and is a Fellow of the American College of Functional Neurology (FACFN). Dr. Garten is the founder of the German Medical Association of Applied Kinesiology (DfGAK) and has been in charge of the educational office of the German Medical Association of Acupuncture (DfGfA). He has lectured on Applied Kinesiology and Functional Neurology in Europe, South America and the United States. He has published three standard textbooks on Applied Kinesiology, all published by Elsevier, and a textbook on acupuncture, as well as over 30 original papers on these subjects and nine chapters in additional textbooks. Dr. Garten's current major project, a textbook on manual medicine and Applied Kinesiology, is about to be completed, which will also be published by Elsevier.

well written and organized. very good pictures and explanations

Great for anyone who is looking to learn or advance their knowledge and skills in Applied Kinesiology will love this book! Drs. Garten and Schafer are two amazing practitioners and I encourage everyone to learn as much as they can from them!

Handbook is very useful for muscle testing and meridians. I use this book in conjunction with my kinesiology text...

love it easy to follow!

Good work from Dr. Hans Garden and his translator Jose Shafer. It's a good start for practitioners who want to learn manual muscle testing. It's a very good translation of the German version from Dr. Hans Garden. Congratulations!

[Download to continue reading...](#)

The Muscle Test Handbook: Functional Assessment, Myofascial Trigger Points and Meridian Relationships, 1e Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Foam Rolling: The Foam Roller Bible: Foam Rolling - Self Massage, Trigger Point Therapy & Stretching (Trigger Point, Tennis Ball, Myofascial, Deep Tissue, ... Points, Hip Flexors, Calisthenics Book 1) Trigger Point Therapy: Stop Muscle & Joint Pain Naturally with Easy to Use Trigger Point Therapy(Myofascial Massage, Deep Tissue Massage, Foam Rolling, ... Massage) (Natural Health Solutions Book 3) Color Atlas of Acupuncture: Body Points, Ear Points, Trigger Points (Complementary Medicine (Thieme Paperback)) Trigger Points: Understanding Myofascial Pain and Discomfort The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching, 2e The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching, 1e Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Smart Points Spiralizer Cookbook: 50 Skinny Spiralizer Recipes With Smart Points-Turn Vegetables Into Low Points Pasta Alternative Myofascial Pain and Dysfunction: The Trigger Point Manual, Vol. 1 - Upper Half of Body Myofascial Pain and Dysfunction: The Trigger Point Manual; Vol. 2., The Lower Extremities Travell & Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual (2-Volume Set) Myofascial Pain and Dysfunction, Vol. 1: The Trigger Point Manual, The Upper Extremities Trigger Point Therapy for Myofascial Pain: The Practice of Informed Touch Meridian - A Novel In Time (The Meridian Series Book 1) Trigger Finger Cure: A Comprehensive Guide and Toolkit for Trigger Finger, Locking Finger, Video Game Thumb Pain, Ipad and Smartphone Finge Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Muscle building box set: Ectomorph:How to Pack on as Much Muscle as Possible in the Shortest Time,The 10 Best Ever Muscle Building Technique,30+ Bulking Recipes,3x books in

one ,

Contact Us

DMCA

Privacy

FAQ & Help