

Treat Your Own Neck Book

JR Anderson

Treat Your Own Neck Robin McKenzie, 2006 Since the 1980's, Robin McKenzie's techniques have become widely accepted and are now taught in many physical therapy schools. This book was originally published in 1983 and is now in its 3rd edition. Topics include causes of neck pain, posture, exercises, prevention and a Panic Page. This easy to follow, illustrated manual helps people manage their own neck pain.

Principles of Neuromusculoskeletal Treatment and Management E-Book Nicola J. Petty, 2011-01-31 Fully updated and revised for a second edition, this textbook offers a comprehensive, evidence-based guide to the treatment and management of the neuromusculoskeletal system, providing vital support for both students and experienced therapists. As with the previous edition the text deals with function and dysfunction of joints, muscles and nerves offering treatment options in all cases. Underpinning theory and research is used extensively to explain the clinical use of each treatment option. This new edition has benefited from the author - Nicola Petty - becoming editor and enabling leading clinicians and academics to contribute to the text which now offers a broader range of perspectives. Provides critical knowledge and theory that underpins clinical practice and decision-making Guides the reader through the various options available for patient management drawing a solid evidence base Emphasizes the importance of hands on skill, as well as communication and clinical reasoning skills Templated structure throughout creates an accessible tool for use in teaching and practice Revised drawings in 2-colour provide the reader with enhanced visual learning tools

Principles of Musculoskeletal Treatment and Management E-Book Nicola J. Petty, Kieran Barnard, 2017-06-28 Now in its third edition, this core textbook continues to provide a comprehensive, evidence-enhanced guide to the principles of treatment and management of the musculoskeletal system. Nicola Petty is joined by Kieran Barnard in editing this new edition which also sees an expanded number of specialist clinicians and academics contributing individual chapters. *Principles of Musculoskeletal Treatment and Management* provides both students and experienced practitioners with an invaluable guide to the principles applied in contemporary musculoskeletal therapy. - Provides theory and research knowledge to underpin treatment and management strategies for patients with musculoskeletal conditions - Provides a rationale to support clinical decision-making - Offers an up-to-date evidence-enhanced approach to patient treatment and management - Emphasizes the importance of communication and clinical reasoning, as well as hands-on and rehabilitation

skills - Brand-new chapter on the principles of communication and its application to clinical reasoning - Brand-new chapter on the principles of exercise rehabilitation - Highlights the health benefits of some treatment approaches - References updated throughout

Stretching in the Office Bob Anderson,2002 Illustrates stretching exercises that can be done at the office to increase flexibility, relieve sore muscles, combat neck and back pain, prevent carpal tunnel syndrome, and reduce stress.

Petty's Principles of Musculoskeletal Treatment and Management- E-Book Kieran Barnard,Dionne Ryder,2023-04-24 Petty's Principles of Musculoskeletal Treatment and Management provides an up-to-date, evidence-based and person-centred guide to musculoskeletal practice. Edited by leading experts Kieran Barnard and Dionne Ryder, with contributions by highly regarded physiotherapists from across the UK, it provides a comprehensive overview of the principles underpinning physiotherapy for musculoskeletal conditions. It covers basic principles for treating muscles, nerves and joints, as well as anatomy and physiology, clinical reasoning and rehabilitation skills. This book is a companion to Petty's Musculoskeletal Examination and Assessment, and together both volumes cover everything students need to know to examine, assess and treat patients. - Packed with reflective exercises, illustrations and case studies to bring learning to life - Written with students in mind - easy to follow and understand - Drawings and photographs to visually enhance descriptions in the text - New chapters on serious pathology, vascular presentations and advancing clinical practice - Expanded content on patient management - Chapter summary podcasts - New learning outcomes and reflective exercises throughout

How to Treat Your Own Neck Robert Scott,2018-01-30 Neck pain may be common, but it's not normal. This book has been written with adequate information for people having constant neck pain. How to treat your own neck offers a step-by-step guide to self-treatment through awareness and exercise. Here's a natural, drug-free solution that routinely produces relief of stiff necks and other chronic neck pain, and prevent the symptoms from reoccurring. Every improvement in health is significant to me; I have an undying passion for helping people have good health by using safe and effective methods. Get this book today, to put an end to your neck pain.

Postures - the book of the back Anne-Lise Gotsche,2007 Back pain depends on posture and movement as well as on seating and table-top design, both at home and in the public work environment. This book is aimed at everyone with an interest in back pain and how to avoid it, both as lay readers and patients and as professionals. It contains a new, updated list of commercial products and recommended medical texts.

Deep Tissue Massage, Revised Edition Art Riggs,2007-06-05 Featuring more than 250 photographs and 50 anatomical drawings, this revised edition of Deep Tissue Massage is the standard guide to the essentials of touch, biomechanics, and positioning options for a multitude of strategies to treat all major conditions encountered in a bodywork practice. The book is divided into three sections. "Fundamentals" covers basic skills of palpation, explaining the deeper layers of the body and

presenting detailed instruction on working with these layers to release tension. This section gives clear information on the proper use of knuckles, fist, forearms, and elbows in preventing injury to the therapist. "Strategies" offers more precise protocols and treatment plans for the entire body with emphasis on client positioning options to stretch muscles rather than just kneading tissues. "Caveats" details areas in which the practitioner needs to exercise caution. Deep Tissue Massage presents a wealth of information in a way the therapist can immediately utilize. This new edition has been thoroughly revised and includes a preface to the new edition, a foreword, an index, a Suggested Reading list, and extended sections on integrating deep-tissue massage into bodywork practice and the psychology of treating injuries.

What to do for a Pain in the Neck Jerome Schofferman, 2011-05-24 No one who works at a computer or drives a car will be surprised to learn that neck pain is on the rise. About 70 million people in the United States have had neck pain, and the incidence is increasing. Like back pain, neck pain can become a constant plague that is both mysterious and difficult to treat. Here at last is help. In *What to Do for a Pain in the Neck*, one of today's leading experts on neck pain provides a broad range of treatments and preventive measures so that you do not have to learn how to live with pain—you can banish it.

Physical Therapy, 1987-07

Orthopedics, 1987

Waterstone's Guide to Books Waterstone & Co, 1988

Directory of Book Publishers and Wholesalers, 1989

25 Steps to Safe Computing Don Sellers, 1995 Aimed at anyone who uses a computer regularly and is concerned about the possible health risks involved, this easy-access book--designed for quick desktop reference--devotes a spread to each topic in an approach packed with tips and practical advice on using computers more safely and effectively.

New Zealand Books in Print 1996 D W Thorpe, Thorpe, D. W., Staff, 1996-02 With complete bibliographic information on titles from New Zealand & the Pacific Islands, this is an essential guide to the publishing industry in the Pacific. Entries are indexed by title, publisher, & subject. Also included are a book trade FAX directory, all literary awards, association addresses, bookseller, libraries & more.

BC Healthguide : Helping You and Your Family Stay Healthy : Healthwise Handbook Donald W. Kemper, Carrie A. Wiss, British Columbia. Ministry of Health and Ministry Responsible for Seniors, Steven L. Schneider, 2000

Healthwise Handbook Donald W. Kemper, Healthwise, Incorporated, 1995-11

Anxiety, Phobias and Panic Reneau Z. Peurifoy, 1992 An experienced professional counselor offers an understanding of common nervous disorders--from mild anxiety and stress to severe agoraphobia--and shows how they can be controlled. Originally self-published.

Rehab Management, 1992

The Australian Journal of Physiotherapy ,1990

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