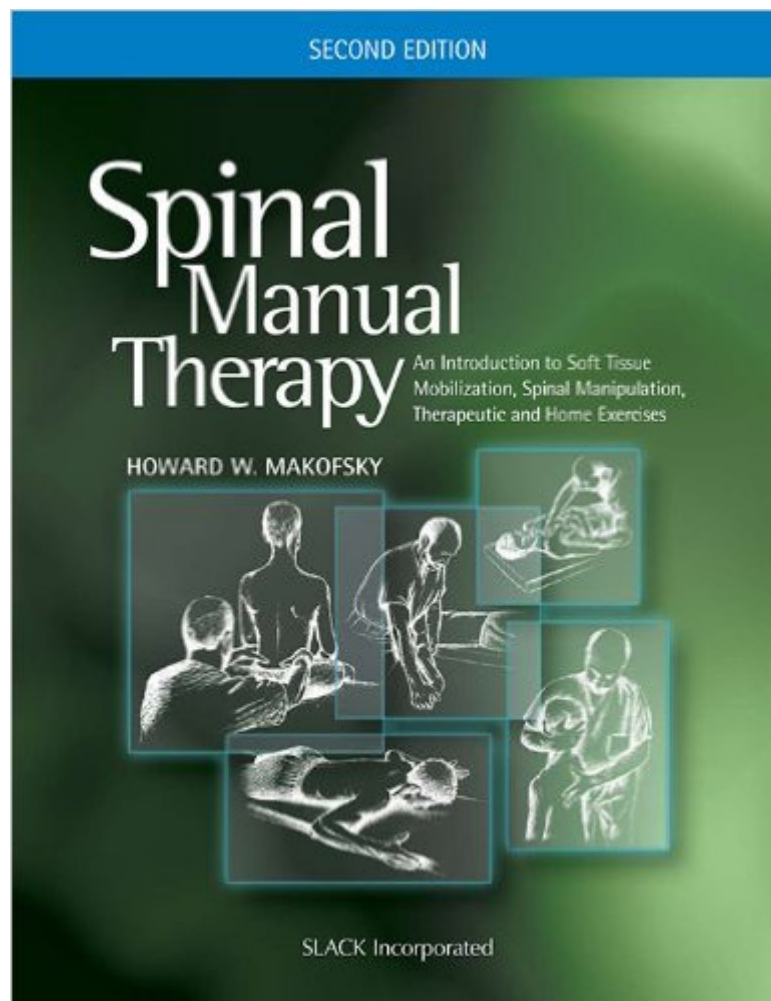


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# Spinal Manual Therapy: An Introduction To Soft Tissue Mobilization, Spinal Manipulation, Therapeutic And Home Exercises



## Synopsis

Spinal Manual Therapy: An Introduction to Soft Tissue Mobilization, Spinal Manipulation, Therapeutic and Home Exercises, Second Edition is an easy-to-follow manual of clinical techniques for the spine, pelvis, and temporomandibular joint. The text provides *tools* rather than *recipes* and immerses the reader in the process of *thinking as a manual therapist*, rather than functioning as a technician. The clinical utility of this revised second edition combines the art and science of present day spinal manual therapy. The focus of Spinal Manual Therapy, Second Edition is to provide clinically useful treatment techniques, while being mindful of the scientific literature related to the practice of spinal manual therapy. It is an ideal resource for all those interested in grasping the basics of spinal manual therapy and transferring that knowledge into practice within a clinical environment. The hands-on approach taken by Dr. Howard W. Makofsky makes this new edition the go-to textbook for spinal manual therapy. New to the Second Edition:

- New pictures of examination and treatment techniques with captions
- Additional case studies
- New evidence supporting spinal manual therapy
- Updated references throughout the text

This unique textbook has a plethora of clinical techniques, including the rationale for each of their use. With over 300 figures, illustrations, and photographs for each examination/treatment technique for various regions of the body, students and clinicians learning manual therapy will benefit greatly from Spinal Manual Therapy, Second Edition. Inside you will find:

- Evaluation
- Soft tissue techniques
- Manipulative procedures
- Specific exercises
- Clinical problem solving

Spinal Manual Therapy, Second Edition mirrors a course on the introduction to spinal manual therapy and will be welcomed into physical therapy curriculums, as well as appreciated by clinicians when entering clinical practice.

## Book Information

Hardcover: 400 pages

Publisher: Slack Incorporated; 2 edition (November 15, 2009)

Language: English

ISBN-10: 1556428820

ISBN-13: 978-1556428821

Product Dimensions: 8.5 x 0.8 x 11 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #542,129 in Books (See Top 100 in Books) [#8 in Books > Medical Books >](#)

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## Customer Reviews

This book is perfect for the beginner to the advanced clinician. It brings you back to the basics of manual therapy principles and is immediately applicable to everyday practice.

Well written, and great illustrations. It also really helped that the author was my professor. He knew his material so well that he would teach the class without notes, and if you read along in the book, he was dictating verbatim what was in the book. I still refer to it for patients and weekend warrior friends that push a little too hard.

I find it refreshing that Dr. Makofsky has chosen to provide the reader an integrative approach to spinal evaluation and treatment. He outlines the importance of clinical reasoning and challenges the reader through a case study format of questioning. This book will serve as a valuable resource for those seeking a more comprehensive understanding of spinal assessment and intervention.

As a chronic back pain sufferer looking for answers for my particular problem, I found the home exercises section very helpful!

Dr Makofsky is a genius and his manual techniques are very insightful and clearly explained in this book. Very easy read and helpful.

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