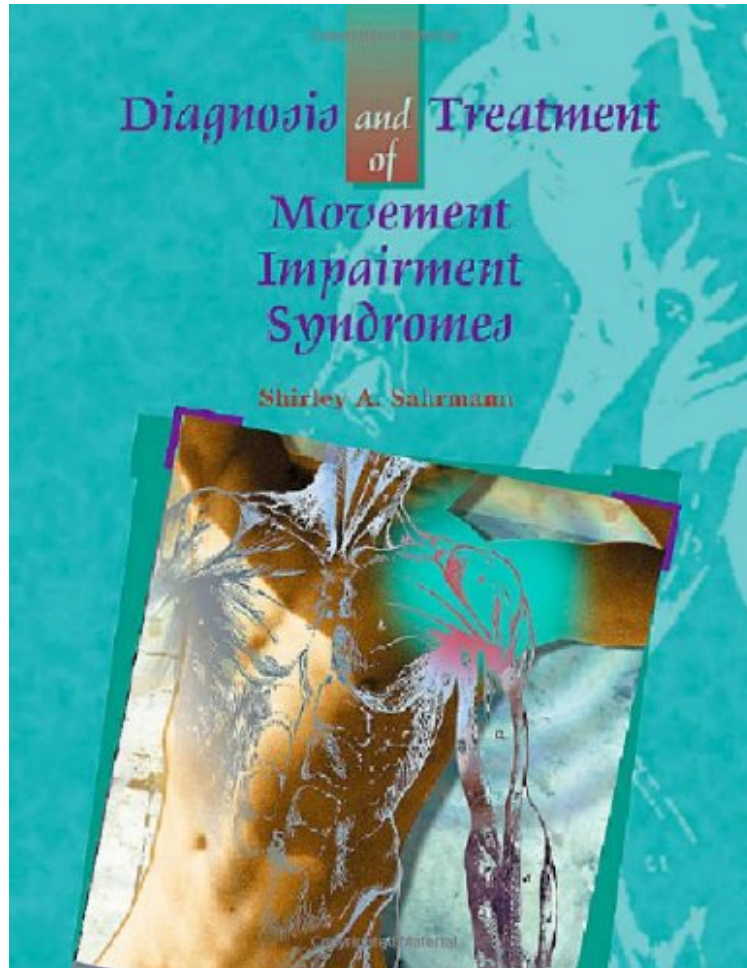


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Diagnosis and Treatment of Movement Impairment Syndromes

Shirley Sahrmann PT PhD FAPTA

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BUY FOR PHYSICAL THERAPISTS By F. Chang Dr. Shirley Sahrmann is really a great physical therapist, teacher, clinician and researcher. Her concepts are based on understanding of biomechanics and motor control. This is the real deal. Understanding the movement system will help diagnose and treat your patients better. It is strongly recommended that you also attend her seminars to better integrate what you have learned into practice. Her treatment is more compatible with orthopedic and musculoskeletal conditions as well as a therapist that is willing to spend time on his/her patients.

Authored by an acknowledged expert on muscle and movement imbalances, this well illustrated book presents a classification system of mechanical pain syndromes that is designed to direct the exercise prescription and the correction of faulty movement patterns. The diagnostic categories, associated muscle and movement imbalances, recommendations for treatment, examination, exercise principles, specific corrective exercises, and modification of functional activities for case management are described in detail. This book is designed to give practitioners an organized and structured method of analyzing the mechanical cause of movement impairment syndrome, the contributing factors and a strategy for management. * Provides the tools for the physical therapist to identify movement imbalances, establish the relevant diagnosis, develop the corrective exercise prescription and carefully instruct the patient about how to carry out the exercise program. * Authored by the acknowledged expert on movement system imbalances. * Covers both the evaluation process and therapeutic treatment. * Detailed descriptions of exercises for the student or practitioner. * Includes handouts to be photocopied and given to the patient for future reference.