



Clinical Application of Neuromuscular Techniques, Volume 2 E-Book: The Lower Body

By Leon Chaitow, Judith DeLany

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Clinical Application of Neuromuscular Techniques, Volume 2 E-Book: The Lower Body By Leon Chaitow, Judith DeLany

Clinical Application of Neuromuscular Techniques, Volume 2 - The Lower Body discusses the theory and practice of the manual treatment of chronic pain, especially with regards to the soft tissues of the lower body. Authored by experts of international renown, this highly successful book provides a structural review of each region, including ligaments and functional anatomy, and includes step-by-step protocols that address each muscle of a region. The volume now comes with an EVOLVE site for instructors who can download the full text and images for teaching purposes.

- Provides a comprehensive 'one-stop' volume on the treatment of somatic pain and dysfunction
 - Designed and written to meet the needs of those working with neuromuscular dysfunction in a variety of professions
 - All muscles covered from the perspective of assessment and treatment of myofascial pain
 - Describes normal anatomy and physiology as well as the associated dysfunction
 - Gives indications for treatments and guidance on making the appropriate treatment choice for each patient
 - Combines NMT, MET, PR and much more to give a variety of treatment options for each case
 - Describes the different NMT techniques in relation to the joint anatomy involved
 - Practical step-by-step descriptions provided to make usage easy
 - Includes acupuncture, hydrotherapies and nutritional support as well as guidance for the patient in the use of self-help approaches
 - Contains up-to-date evidence based content
- Presents the latest research findings underpinning the practice of NMT methodology from differing areas of practice
 - Presents the increasingly refined ways of using the variety of MET methods to

allow the reader to safely apply them in a variety of settings

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Editorial Review

About the Author

Leon Chaitow ND DO is an internationally known and respected osteopathic and naturopathic practitioner and teacher of soft tissue manipulation methods of treatment. He is author of over 60 books, including a series on Advanced Soft Tissue Manipulation (Muscle Energy Techniques, Positional Release Techniques, Modern Neuromuscular Techniques) and also Palpation Skills; Cranial

Manipulation: Theory and Practice; Fibromyalgia Syndrome: A Practitioner's Guide to Treatment, and many more. He is editor of the peer reviewed Journal of Bodywork and Movement Therapies, that offers a multidisciplinary perspective on physical methods of patient care. Leon Chaitow was for many years senior lecturer on the Therapeutic Bodywork degree courses which he helped to design at the School of Integrated Health, University of Westminster, London, where is he now an Honorary Fellow. He continues to teach and practice part-time in London, when not in Corfu, Greece where he focuses on his writing.

Judith DeLany LMT has spent over two decades developing neuromuscular therapy techniques and course curricula for manual practitioners as well as for massage schools and other educational venues. Her ongoing private trainings with the Tampa Bay Rays athletic trainers (professional baseball) as well as customized trainings for noteworthy US-based spas show incorporation of NMT into diverse settings. She has contributed a chapter to Chaitow's Modern Neuromuscular Techniques and Stillerman's Modalities for Massage and Bodywork and co-authored contributions to Coughlin's Principles and Practices of Manual Therapeutics and Micozzi's Fundamentals of Complimentary and Alternative Medicine. As an international instructor of NMT American version™, co-author of three NMT textbooks, and associate editor for Journal of Bodywork and Movement Therapies, her professional focus aims to advance education in all healthcare professions to include myofascial therapies for acute and chronic pain syndromes. Judith DeLany resides in St. Petersburg, Florida where she is the director of and primary curriculum developer for NMT Center.

Users Review

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Ricky Copeland:

Spent a free time for you to be fun activity to do! A lot of people spent their free time with their family, or their particular friends. Usually they accomplishing activity like watching television, going to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? May be reading a book is usually option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the guide untitled Clinical Application of Neuromuscular Techniques, Volume 2 E-Book: The Lower Body can be good book to read. May be it can be best activity to you.

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People live in this new time of lifestyle always try to and must have the extra time or they will get wide range of stress from both day to day life and work. So , if we ask do people have spare time, we will say

absolutely of course. People is human not really a huge robot. Then we inquire again, what kind of activity do you have when the spare time coming to an individual of course your answer may unlimited right. Then do you ever try this one, reading books. It can be your alternative throughout spending your spare time, the actual book you have read will be Clinical Application of Neuromuscular Techniques, Volume 2 E-Book: The Lower Body.

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