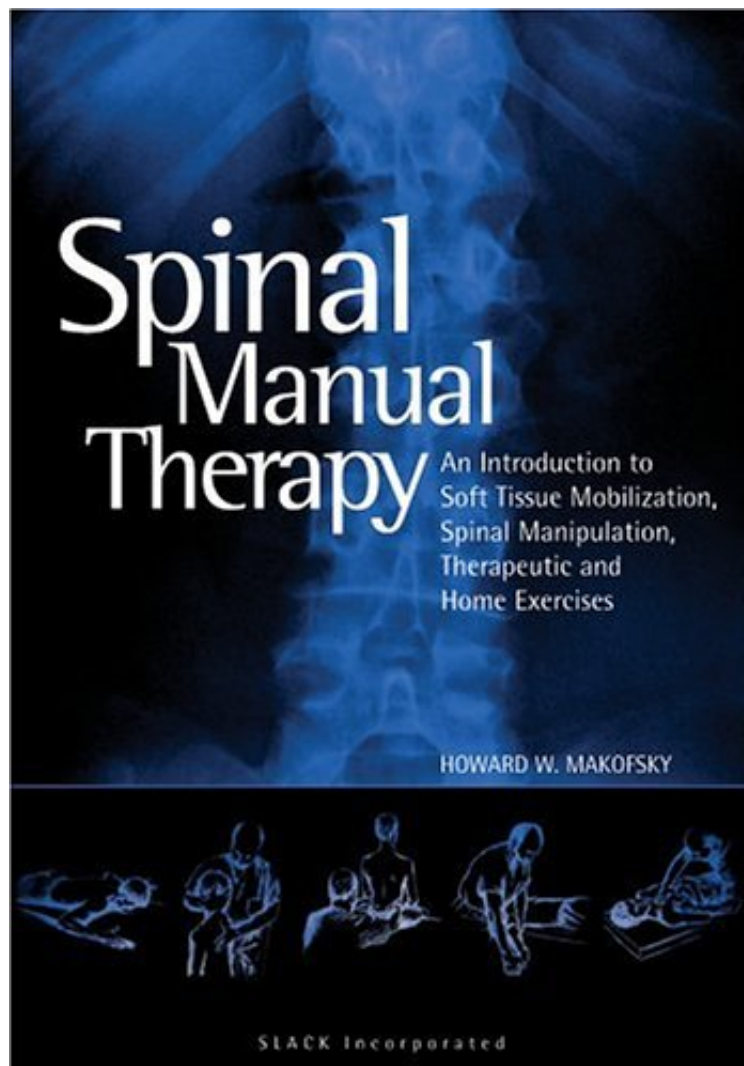


(Download ebook) Spinal Manual Therapy: An Introduction to Soft Tissue Mobilization, Spinal Manipulation, Therapeutic and Home Exercise

Spinal Manual Therapy: An Introduction to Soft Tissue Mobilization, Spinal Manipulation, Therapeutic and Home Exercise

Howard W. Makofsky PT DHSc OCS
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Howard W. Makofsky PT DHSc OCS : Spinal Manual Therapy: An Introduction to Soft Tissue Mobilization, Spinal Manipulation, Therapeutic and Home Exercise before purchasing it in order to gage whether or not it would be worth my time, and all praised Spinal Manual Therapy: An Introduction to Soft Tissue Mobilization, Spinal Manipulation, Therapeutic and Home Exercise:

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is to find a good book that cuts right to the chase, puts it in easily understandable terminology and can truly teach you. For the PT student has even a slight interest in manual therapy, this is a great introductory text. It cites clinical research to back up the interventions that are prescribed. I had the privilege of taking a class with the author, a truly wonderful professor and I highly recommend his text to anyone who wants to be a part of manual therapy practice. It has cases in the back of the text to test your knowledge of how well you have absorbed previously learned material in other classes and challenges your ability to be a solid clinician. The text is broken up into clearly defined sections and covers the assessment, what are the most common deviations to see, problems that may arise in a specific area, soft tissue interventions, and therapeutic exercise to augment your treatment. I won't spoil anymore, like I said, I highly recommend it. 1 of 2 people found the following review helpful. Not what I was looking for By Ashley I was surprised by its small thickness and color-book like quality in terms of the actual paper pages. I rated it low mostly because I think there are much better values out there. If you want spine assessment, try David Magee or Dutton.

Spinal Manual Therapy: An Introduction to Soft Tissue Mobilization, Spinal Manipulation, Therapeutic and Home Exercises is a systematic, easy-to-follow manual of clinical techniques for the spine, pelvis, and temporomandibular joint. The hands-on approach taken by the author goes beyond the traditional theories and principles presented in similar resources. The primary focus of this articulate resource is to educate the reader with in-depth laboratory studies and material for a multitude of topics including soft tissue mobilization and therapeutic exercise programs. The format in which the material is presented allows the reader to form a comprehensive understanding of spinal manual therapy. Students and clinicians learning manual therapy for the first time will benefit greatly from the accommodating figures, illustrations, and photographs for each examination/treatment technique for various regions of the body. **Spinal Manual Therapy: An Introduction to Soft Tissue Mobilization, Spinal Manipulation, Therapeutic and Home Exercises** is the ideal resource for all those interested in grasping the basics of spinal manual therapy and transferring that knowledge into practice within a clinical environment.

"One of the strengths of this book is the eclectic approach to treating patients. I highly recommend this book for any therapist in an orthopaedic setting." Jeff Yaver, PT, Orthopaedic Practice helps the reader to examine the patient using good manual skills to detect and treat somatic dysfunctions. I found it very interesting the pictures are wonderfully helpful in demonstrating techniques and demonstrating exercises. Diane J. Cordeiro, PT, OCS, CFMT, *Advance for Physical Therapists and PT Assistants* Spinal Manual Therapy is both comprehensive and user friendly. The plethora of figures will greatly enhance the learning experience. However, the quality of Spinal Manual Therapy surpasses solely that of the student level. In fact, new graduates, novices, and clinicians with limited exposure to orthopaedic manual therapy will greatly benefit from this book. Jessica Palmer, SPT and Joshua Cleland, DPT, OCS, *The Journal of Manual and Manipulative Therapy* About the Author Howard W. Makofsky, PT, DHSc, OCS Howard W. Makofsky, PT, DHSc, OCS, is an assistant professor of physical therapy at the New York Institute of Technology, Old Westbury, NY, an adjunct professor of physical therapy at the Touro College School of Health Sciences, Bay Shore and New York, NY, and a clinical assistant professor of physical therapy at the University at Stony Brook, Stony Brook, NY. Dr. Makofsky holds a BSc degree in Physiology from McGill University, a BS in Physical Therapy and an MS in Health Science from the University at Stony Brook, and a Doctor of Health Science from the University of St. Augustine for Health Sciences. Dr. Makofsky is an APTA board certified orthopaedic clinical specialist with 24 years of clinical experience in the management of neuromusculoskeletal impairment of the vertebral column, temporomandibular joint, pelvic girdle and extremity joints. From 1985 through 1995, Dr. Makofsky was the chief therapist at the Southside Institute for Physical Therapy in Bay Shore, NY, where he developed the TMJ and Headache Centers, based upon his experience from 1982 through 1985, with the Facial Pain Clinic at the Braintree Rehabilitation Center in Braintree, MA. Dr. Makofsky has published numerous articles in both the physical therapy and dental literature and is currently on the editorial board of the *Journal of Craniomandibular Practice* and the *Journal of Manual Manipulative Therapy*. Dr. Makofsky maintains a small private practice in Mastic Beach, NY, with emphasis on manipulative therapy and therapeutic exercise for painful conditions of the spine, pelvis, TMJ, and extremity joints. Howard and his wife Frances reside on eastern Long Island with their sons Russell and Daniel. Their two daughters, Katherine and Margaret, attend university in Montreal, Quebec. The highlight of Dr. Makofsky's career was participating in a medical mission's trip to La Calera, Chile, in 1993 with Healthcare Ministries.