Contents

Chapter 1

Introduction and History of Manual Therapy **1–3**

Chapter 2

Assessment, Background, Subjective, Physical and Principles of Examination **4–254**

Background 4

Subjective examination 8

Physical examination – on observation 18

Background and principles 21

Explanation of the modification strategies 25

2.1. Physical examination techniques for shoulder joint 32

2.2. Physical examination techniques for elbow joint 44

2.3. Physical examination techniques for wrist and hand 53

2.4. Physical examination techniques for hip joint 70

2.5. Physical examination techniques of knee joint 82

2.6. Physical examination techniques of ankle and foot 96

2.7. Physical examination of pelvis 109

2.8. Physical examination of lumbar spine 121

2.9. Physical examination of thoracic spine and rib cage 131

2.10. Physical examination of cervical spine 140

2.11. Physical examination of temporomandibular joint 160

2.12. Physical examination of muscles and other soft tissues 165

2.13. Physical examination of nervous system 187

2.14. Examination of pain 218

2.15. Examination for structural differentiation 232

2.16. Putting it all together: evaluation, philosophy, reasoning and interpretation 237

Appendix I 239

Appendix II 252

Chapter 3

Treatment Techniques: Joint Function, Dysfunction and Treatment Principles **255–479**

3.1. Joint function, dysfunction and treatment principles 255
3.2. Treatment techniques for shoulder joint dysfunction 276
3.3. Treatment techniques for elbow joint dysfunction 290
3.4. Treatment techniques for wrist and hand joint dysfunctions 301
3.5. Treatment techniques for hip joint dysfunction 325
3.6. Treatment techniques for knee joint dysfunction 333
Appendix 349
3.7. Treatment techniques for ankle and foot joint dysfunctions 350
3.8. Treatment techniques for pelvis dysfunction 369
3.9. Treatment techniques for lumbar spine 381
3.10. Treatment techniques for thoracic spine and rib cage 393
3.11. Treatment techniques for cervical spine 408
3.12. Treatment techniques for temporomandibular joint 429
3.13. Muscles and other soft tissue function and dysfunction 434
3.14. Muscles and other soft tissue treatment principles and techniques 451
3.15. Peripheral nerves function and dysfunction 461
3.16. Peripheral nerves treatment principles and techniques 470

Chapter 4

Improvisation: Beyond Philosophies and Techniques **480–483**

Index *485*