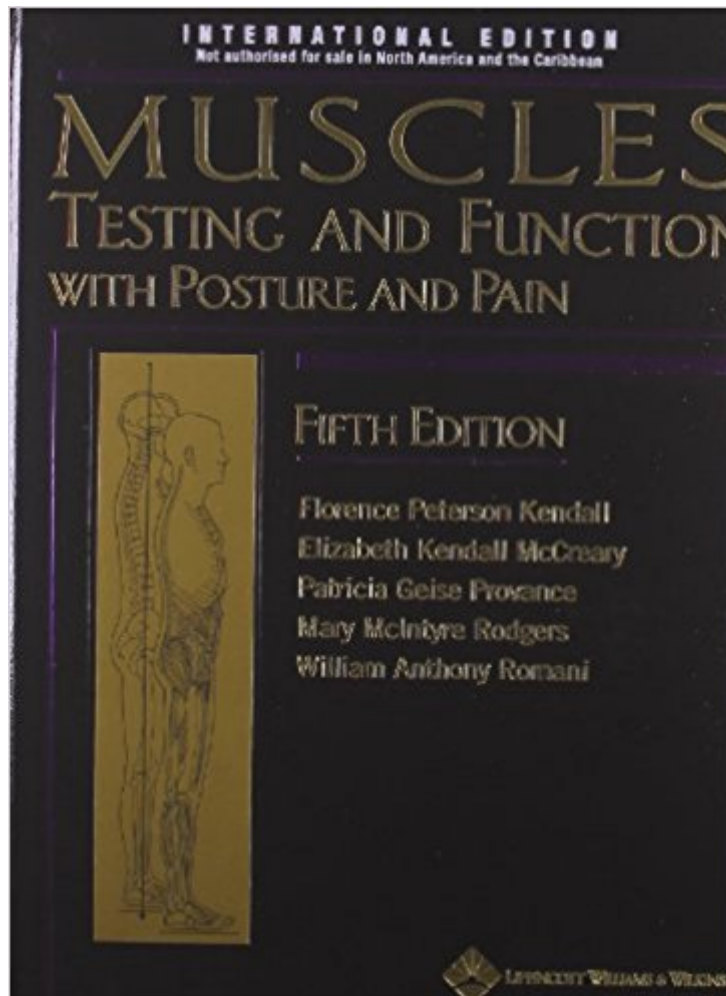




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# Muscles: Testing And Function, With Posture And Pain



## Synopsis

This renowned classic provides unparalleled coverage of manual muscle testing, plus evaluation and treatment of faulty and painful postural conditions. The thoroughly updated Fifth Edition is completely reorganized and has new, expanded treatment and exercise sections in each chapter. Other features include a new section on post-polio syndrome, additional case studies comparing Guillain-Barré to polio muscle tests, a new full-color design, and a first-of-its-kind chart of upper extremity articulations.

## Book Information

Hardcover: 560 pages

Publisher: LWW; 5 edition (June 11, 2010)

Language: English

ISBN-10: 1451104316

ISBN-13: 978-1451104318

Product Dimensions: 8.7 x 1 x 11.2 inches

Shipping Weight: 3.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 72 customer reviews

Best Sellers Rank: #539,355 in Books (See Top 100 in Books) #62 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Chiropractic #106 in Books > Medical Books > Allied Health Professions > Chiropractic #239 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Physical Medicine & Rehabilitation

## Customer Reviews

This is one of my favorite books about muscles! It delves deeper into testing for muscle instabilities and has great ideas on how to help spring them back into working shape.

As a certified personal trainer and pilates instructor, I work primarily with individuals who are challenged with back pain and various joint problems. This book provides a clear and concise protocol and information for working with individuals with muscle imbalances. You definitely need a strong background in this area to understand and use the material appropriately. The DVD is also an excellent companion to the book.

Very in-depth look book about muscles

Well written and easy to follow

This book is packed with a wealth of information. It is about muscles (though not fascia, which is now known as essential, and integrative with muscles), postural assessments, muscle testing, chart noting and understanding difficulties bodies experience.

Recommended by my group of physical therapists as an essential to their libraries, I find it equally valuable for the aging fellow experiencing the aches and pains that accompany life past 60. This is not a book for the faint of pocket book as it is a text book and commands the inflated price. If you don't have frequent need for a muscle reference, I wouldn't spend the money, but if you like a complete story related to aches and pains of particular muscles, this is a nice book to own. I suspect that like airplanes, summer cabins, and box seats to the Yankees games, it is something you'd like your best friend to own.

Exactly as advertised and what we wanted. This item is just as pictured. Most useful product that arrived promptly and in good condition.

priority read for physical therapy and anatomy students :)

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How To Correct Posture: A 21 day step by step proven strategy for improving your posture (Updated with pictures): Posture improvement, Posture alignment, Posture of meditation, Posture books Muscles: Testing and Function, with Posture and Pain (Kendall, Muscles) Muscles: Testing and Function, with Posture and Pain Ruppel's Manual of Pulmonary Function Testing, 10e (Manual of Pulmonary Function Testing (Ruppel)) Manual of Pulmonary Function Testing, 9e (Manual of Pulmonary Function Testing (Ruppel)) Ruppel's Manual of Pulmonary Function Testing - E-Book (Manual of Pulmonary Function Testing (Ruppel)) Exercises for Perfect Posture: Stand Tall Program for Better Health Through Good Posture Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Anatomy & Physiology Part 1: Bones, Muscles, and the Stuff That Connects Bones and Muscles (Super Smart Science) 8 Steps to a Pain-Free Back: Natural Posture Solutions for Pain in the Back, Neck, Shoulder, Hip, Knee, and Foot Somatics: Somatics 101: Somatics - For: Flexibility, Posture, Pain Management & Movement (Posterior Chain, Hips, Chi Kung, Craniosacral, Neurosculpting, Self Adjusting, Chronic Pain)

Daniels and Worthingham's Muscle Testing: Techniques of Manual Examination and Performance Testing, 9e (Daniels & Worthington's Muscle Testing (Hislop)) DNA Testing Guide Book: Utilize DNA Testing to Analyze Family History Genealogy, Classify and Measure Ethnic Ancestry Research, And Discover Who You Are ... DNA Testing, Ancestry, Ancestry Research) Fight Back Pain: Healing Backache, Strengthening Muscles and preventing pain (Live Long Live Health Books) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Craniomandibular Muscles: Their Role in Function and Form Pain-Free Posture Handbook: 40 Dynamic Easy Exercises to Look and Feel Your Best Natural Posture for Pain-Free Living: The Practice of Mindful Alignment Flexibility: The Health Hip Flexor Formula - Fix Tight Hip Flexors, Hip Pain - Hip Stretches & Stretching (Hips, Foam Rolling, WOD, Calisthenics, Mobility, ... Massage, Posture, Yoga For Beginners) Healing Muscle Pain: Tools, Techniques, and Tips to Bring Your Muscles Back to Health

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