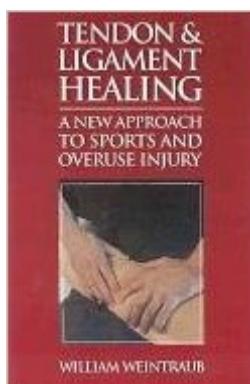


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# Tendon And Ligament Healing: A New Approach To Sports And Overuse Injury



## Synopsis

In 25 years of practicing structural/osteopathic manual therapy the author has done considerable work with seriously damaged tendons and ligaments, and has achieved results that conventional medicine would rate as improbable. Over time, he has developed a therapeutic model for treating these injuries so that individuals with chronic conditions -- who have exhausted the standard physiotherapy options and are facing surgery -- can have a viable option for recovery. His techniques, based on basic principles of structural healthcare, emphasize the importance of precise anatomical focus and the capacity to work with subtle changes of structure. Of essential importance is combining detailed specific treatment of the small fibers and tissues of the local injury area with an overall approach to improving larger body patterns and tensions. Logically, the responsiveness and self-corrective capacity of body tissues when given proper conditions is also an important factor. The primary techniques used are the osteopathic methods of strain-counterstrain, cranial and visceral osteopathy, and fascial release, as well as body-mind centering, zero balancing, and acupressure. His clinical model, which represents a new approach to serious, chronic tendon and ligament injuries, is based on these techniques, their combinations and specific usage, and the skills and aptitudes necessary for applying these techniques, including certain perceptual skills and a thorough knowledge of anatomy and kinesiology. Weintraub's descriptions are vital, interesting, alive, absorbing, even dramatic. He discusses at great length the nature of the tendons and ligaments, describes his manual therapy model -- comparing it with conventional medical procedures -- and covers processes and tissue changes in tendon/ligament healing as related to manual therapy. Case studies, self-help strategies, and thoughtful words on clinical efficacy and future directions in the field make for a thorough and well-rounded presentation.

## Book Information

Paperback: 236 pages

Publisher: Paradigm Publications (MA); 2 edition (May 15, 2003)

Language: English

ISBN-10: 0912111739

ISBN-13: 978-0912111735

Product Dimensions: 9.5 x 7 x 0.5 inches

Shipping Weight: 14.4 ounces

Average Customer Review: 3.5 out of 5 stars 14 customer reviews

Best Sellers Rank: #1,944,989 in Books (See Top 100 in Books) #22 in Books > Health, Fitness

& Dieting > Diseases & Physical Ailments > Repetitive Strain Injury #631 in Books > Health,

Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #696 in Books >

Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases

## Customer Reviews

"...a new model for treatment involving the effective interweaving of a variety of manual therapies ... extremely thorough, concise and lucid." -- Scott Maloney, American Acupuncturist, 2000"..."this new paradigm for treating tendon and ligament injuries may be of special interest to occupational therapy practitioners and researchers." -- Nancy Sabin, OTR, American Journal of Occupational Therapy, 2000"[Weintraub] has developed a non-surgical treatment for seriously injured cases, offering a viable option for their recovery." -- Lisa Mertz, Massage Therapy Journal, 2000

William Weintraub has a Masters degree in Biomechanics from Antioch University. He has practiced and taught structural/osteopathic therapy in the San Francisco Bay area for twenty-five years. He has trained extensively in osteopathic and related methods including Practitioner Certifications in Body-Mind Centering, Counterstrain technique, and acupressure therapy.

This book is a well-written description of the author's technique, which he has had much success with in his practice. I had surgery on some torn tendons and was looking for a book that would help me understand the nature of the injury and how the healing process works. This book was helpful and I feel that I did get some good information on how the body responds to injury. The authors insight into NSAIDs, supplements and various massage techniques was helpful. I especially liked his descriptions of how the body rebuilds on a cellular level and how the inflammation cycle and fluid buildup affect the healing process. The cons with the book are the lengthy case histories which really don't give helpful information and the overly technical description of what he's doing. I also did not find his obviously 'anti-surgery' attitude at all helpful for my situation. Sorry, but surgery does have its place...Note that Mr. Weintraub, although a gifted practitioner, he is not a doctor. He is trying to help you avoid a doctor. So, in summary I feel like after reading the whole thing cover to cover I got about 5 pages worth of extremely good information. If I had it to do over, I would still read the book, but I wouldn't pay more than 5 bucks for it.

Weintraub certainly knows his way around the body. I am moderately well versed in medical terminology and anatomically I am fairly astute having studied both in college and independently. I

work in a medical laboratory. The man (or woman) on the street will be quickly left in the wake of unfamiliar terms. Further, his knowledge does not translate well if you're looking for a way to heal yourself... The chapter titled "Self Help Strategies" runs to all of seven pages. Neither, does the book offer any clues as to how to contact a practitioner versed in his methods (he seems to be the only one), nor does it contain any contact information for the author. The citations are numerous and the book is well referenced: something that is often lacking in similar books. He has definitely done his homework. Unfortunately, the unique array of talents which he purports to bring to his method, would be unlikely to occur with any regularity in the general population of manual therapists. I am skeptical of his claim to be able to palpate electrical and magnetic fields. Possible, I suppose, but I remain unconvinced. In all a well written and documented study. Hopefully, it will lead others in this direction. A lot more work needs to be done, and a modality developed which is widely accessible

I am very glad I bought this book. It will take me more readings to really absorb it. It is dense, not I.

The book is rather technical and I'm still wading through it. As a lay person, I'm having problems comprehending it.

This book holds great promise in the title, however the author fails in two major areas. First, as he explains his therapeutic approach he makes reference to feeling magnetic fields from the subject's body. I highly doubt that this is possible for any human, but even if he is able to do this it is not reasonable to assume that this skill can be transferred. Second, he repeatedly recommends feeling the underlying tissues and bringing them into alignment. While this seems more plausible than feeling magnetic fields, it remains highly doubtful that anyone not doing this on a daily basis will ever develop the skill to feel tissue below several layers of skin, fat, and other connective tissue. My final complaint is that the writing style hangs heavily on technical jargon and repeatedly makes reference to techniques to be explained on other pages, which of course, never are satisfactorily addressed. And then there is the repulsive repetition...Just don't buy the book.

I am a licensed massage therapist who has been in practice for two years. I was looking to get more specific help for those (including myself) with tendon and ligament injuries. While the author is obviously very knowledgeable on anatomy and physiology, he seems to assume the reader is well-learned with the various modalities that he incorporates into his therapy: Visceral Manipulation, Cranial Rhythmic Impulse, Zero Balancing, acupressure, Facial Release Technique and Body-Mind

Centering.I am familiar with what they are, but have not had the money or time to study them in-depth, yet. Weintraub explains what each is and its purpose in his therapy model, but his description of incorporating these modalities within his therapy model seems general and sweeping, going from one modality to the next, assuming the reader knows what he is referring to within that modality. Not everyone is practiced in those modalities.His chapter on The Nature of Tendons & Ligaments is the most informative, including standard views and new research findings. Well written with bibliographic citations. It is also a good review for me, as it has extra, detailed information on tendons and ligaments than I have in my anatomy and physiology texts from school. The rest of the book seems rushed.The Self-Help Strategies chapter is somewhat helpful, but only seven pages long! More in-depth suggestions would have made this book worth the money had I bought it.I was not able to get the newer edition of this book from the library, so perhaps my criticism for this edition will be moot if I ever read the next edition(s). I hope so, because I would have appreciated a specific, step-by-step guide or protocol, especially for those modalities I have not studied in-depth yet and which other readers may not be familiar with either.

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