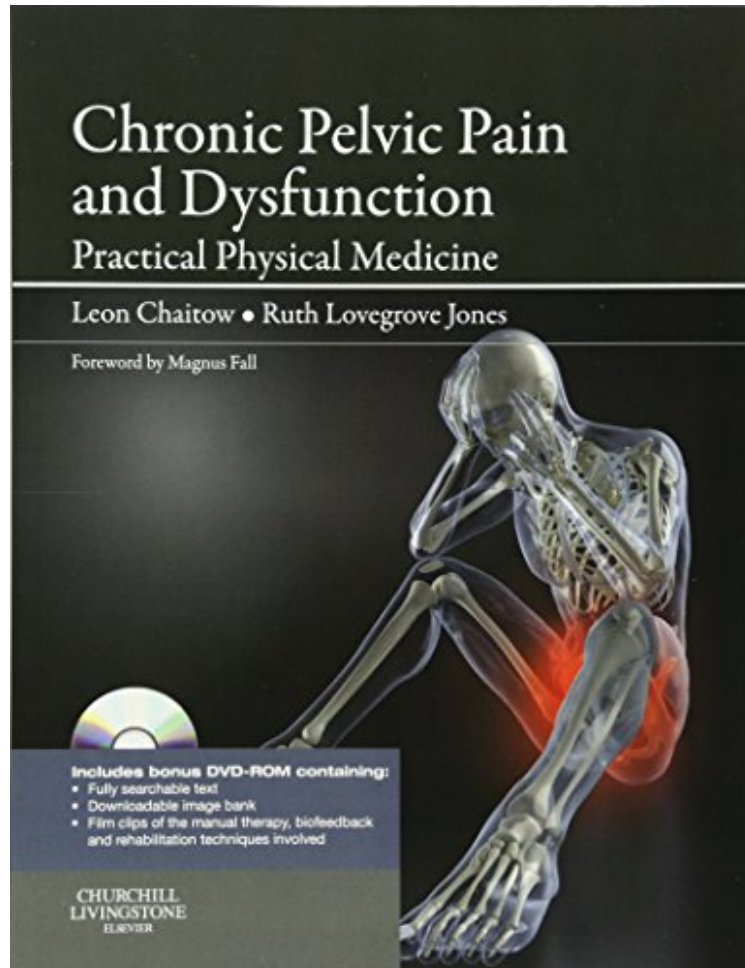


(Download free ebook) Chronic Pelvic Pain and Dysfunction: Practical Physical Medicine, 1e

Chronic Pelvic Pain and Dysfunction: Practical Physical Medicine, 1e

*Leon Chaitow ND DO (UK), Ruth Jones PhD MCSP
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Leon Chaitow ND DO (UK), Ruth Jones PhD MCSP : Chronic Pelvic Pain and Dysfunction: Practical Physical Medicine, 1e before purchasing it in order to gauge whether or not it would be worth my time, and all praised Chronic Pelvic Pain and Dysfunction: Practical Physical Medicine, 1e:

5 of 6 people found the following review helpful. Wonderful Book on an Underdiagnosed Problem By Neil S. I just saw a statistic stating that 88% of IC sufferers have pelvic floor issues. Though this book is not written for the layperson, IC/Chronic Pelvic Pain sufferers should gain insight into their condition and, in my opinion, any sufferer who has not had a pelvic floor exam should go for an assessment. Dr. Chaitow is an expert in this field and has been practicing for over 50 years. Research his name, as I did. He even has a website and will answer emails! I bought a second copy to share with my PT and she was so impressed, she bought the book from me. 2 of 3 people found the following review

helpful. the bestBy Seth McLaughlinFor anyone who wants a thorough understanding and specific techniques for working with patients who have pelvic pain, this book is a must. Leon Chaitow knows more about the body than any of us could ever hope to learn in a lifetime of intense study.2 of 3 people found the following review helpful. really goodBy Indrek TustitReally good book for everybody who has interest about treating pelvic pain. Not recommended for novices or people, who doesn't have mucho experience or lack of knowledge in anatomy

Clearly written and fully illustrated throughout, *Chronic Pelvic Pain and Dysfunction: Practical Physical Medicine* offers practical, comprehensive coverage of the subject area accompanied by a range of video clips on a bonus DVD. Prepared by editors of international renown, the book provides clear anatomical descriptions of the structures relevant to the genesis of pelvic pain followed by the current perspectives on the neurological basis of pain, including the influence of psychophysiology. Chapters then address physiological mechanisms for pain generation; including musculoskeletal causes and the role of sport in the evolution of chronic pelvic pain and the influence of gender on pelvic pain syndromes including hormonal imbalance, pregnancy and labour. Having guided the practitioner through a clinical reasoning process to help establish the differential diagnosis of chronic pelvic pain, the volume addresses the range of therapeutic options available. This includes medical management, the role of nutrition in the control of inflammatory processes, the use of breathing techniques in the relief of pain and anxiety as well as the involvement of biofeedback mechanisms in diagnosis and treatment. The use of soft-tissue manipulation approaches, pelvic floor manual therapy release techniques and osteopathic approaches are also considered along with the use of dry needling, electrotherapy and hydrotherapy. *Chronic Pelvic Pain and Dysfunction: Practical Physical Medicine* offers practical, validated and clinically relevant information to all practitioners and therapists working in the field of chronic pelvic pain and will be ideal for physiotherapists, osteopathic physicians and osteopaths, medical pain specialists, urologists, urogynaecologists, chiropractors, manual therapists, acupuncturists, massage therapists and naturopaths worldwide. ".a welcome addition to the library of any physiotherapist who encounters patients with pelvic pain." Reviewed by Anne Graham on behalf of Physiotherapy Practice and Research, October 2015 Offers practical, validated, and clinically relevant information to all practitioners and therapists working in the field Edited by two acknowledged experts in the field of pelvic pain to complement each others approach and understanding of the disorders involved Carefully prepared by a global team of clinically active and research oriented contributors to provide helpful and clinically relevant information Abundant use of pull-out boxes, line artwork, photographs and tables facilitates ease of understanding Contains an abundance of clinical cases to ensure full understanding of the topics explored Focuses on the need for an integrated approach to patient care Includes an appendix based on recent European Guidelines regarding the nature of the condition(s) and of the multiple aetiological and therapeutic models associated with them Contains a bonus DVD presenting film clips of the manual therapy, biofeedback and rehabilitation techniques involved

"At all times the book emphasizes the importance of an integrated approach when treating patients with chronic pelvic pain, whether its looking at structures outside of the pelvis itself or the more psychosocial elements to the condition. I found the chapter on breathing and chronic pelvic pain particularly insightful, as it highlighted the relationship between the respiratory diaphragm and the pelvic floor and proposed that disorders of breathing need to be addressed in the patient with chronic pelvic pain." ed by Anne Graham on behalf of Physiotherapy Practice and Research, October 2015About the AuthorLeon 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 Practitioners 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.