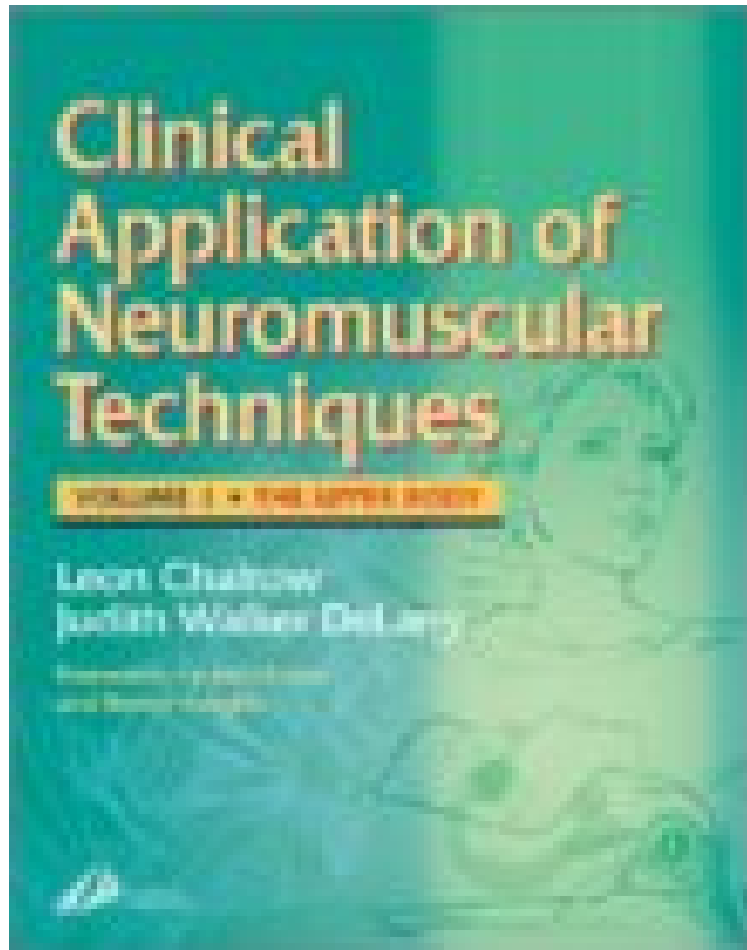


Clinical Applications of Neuromuscular Techniques: The Upper Body, Volume 1, 1e

*Leon Chaitow ND DO (UK), Judith DeLany LMT
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Advanced Practitioner of Massage Therapy and find this book VERY helpful. The Muscle Energy Techniques (M.E.T.s) are explained very thoroughly, and the accompanying drawings, and or pictures, are very helpful. While familiar with the M.E.T.s, having this book as a reference for all the upper body muscles, and their positioning for the best M.E.T. applications, is very rewarding. I'd recommend this book highly to anyone that has a basic understanding of the therapeutic aspects of massage and M.E.T.s. Mr. Chiatow and Ms. Delany, PLEASE!!! I can't wait for the next volume! I'm sure the Lower Body will be as good!

This long awaited text is the first of two volumes which presents the theories, validation and techniques of manual treatment for both chronic and acute neuromuscular pain and somatic dysfunction. Unlike many other texts, the theory and practice are described within the context of the normal anatomy and physiology of the related structures. The book takes a regional approach to treatment, giving a structural review of each area, including ligaments and functional anatomy. It then examines each muscle and joint in that region, giving step-by-step protocols for each muscle to be treated, using a variety of neuromuscular approaches. Particular reference is made to the treatment of trigger points. Each joint and muscle has the same sequence of headings making it easy for the reader to dip into what they need to review. Numerous two colour illustrations also appear throughout, making the anatomy and techniques described easier to follow. The two authors have drawn together and integrated information that currently has to be accessed from several sources. The result is a text which will do much to ensure the safe and effective application of soft tissue techniques and which will provide an invaluable source of reference to all manual therapy students and practitioners. A complete one-stop text on the care of somatic pain and dysfunction. Combines NMT, MET, PRT and much more to give a variety of treatment options for each condition. Describes the different NMT techniques in relation to the joint anatomy involved. Gives practical step-by-step technique descriptions to make learning easier. Includes not only manual techniques but also hydrotherapy and nutritional support as well as guidance for the patient in the use of self-help approaches. Both authors are editors on the Journal of Bodywork and Movement Therapy. Up-to-date and evidence-based. Builds on Chaitow's Advanced Soft Tissue Techniques Series.

"Clinical Applications of Neuromuscular Techniques integrates scientific explanation with the artistry of practice into a comprehensive text, which serves as a valuable reference for bodywork practitioners... Chaitow and DeLany have achieved... a major contribution to the field of touch therapy... that will raise the standards of our profession..." Cynthia Myers, *Massage Therapy Journal*, Fall 2001. "you are looking for a book which clearly shows soft tissue techniques then I would recommend it. An ideal book to add to a departmental library" KSJ Knapton, *Physical Therapy in Sport* (2002). About the Author: Leon 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 he is 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.