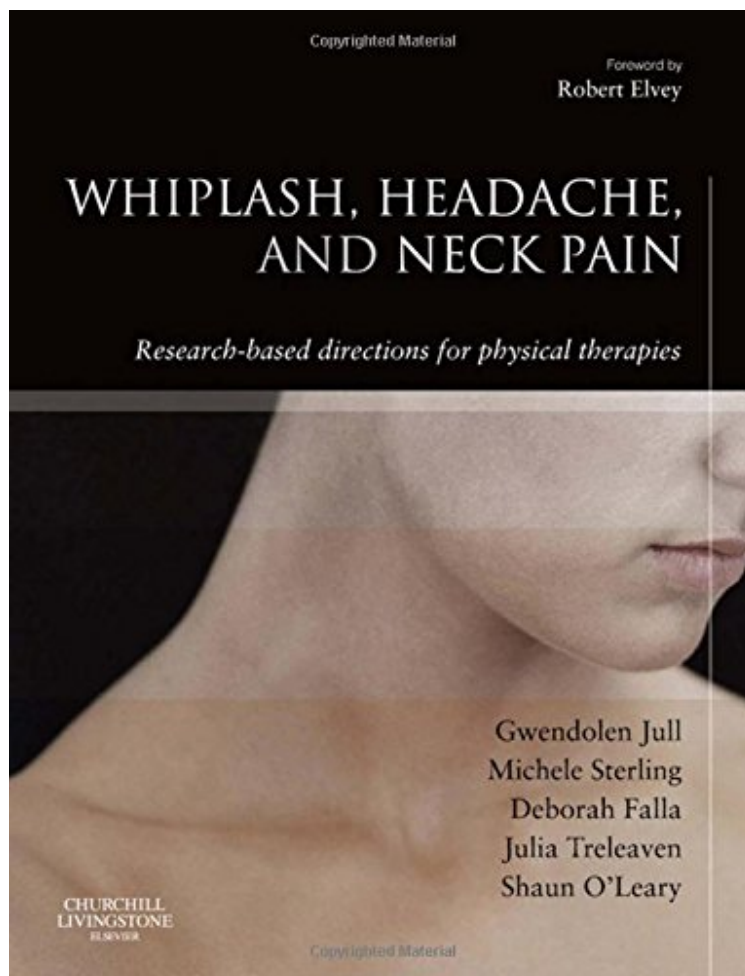


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Whiplash, Headache, and Neck Pain: Research-Based Directions for Physical Therapies, 1e

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7 of 20 people found the following review helpful. So-so book for treating your own whiplash By Dog Lover 1024Hi,I

was involved in a car accident which has left me with constant cervicogenic headache -- for anyone here with this sort of problem, you know what I am talking about. I didn't find this book particularly helpful for practical exercises or therapy options; this is a textbook you would give a PT student. It is heavy in "medical-talk" talking about the muscles and bones related to the symptoms, but doesn't get into the problems. I would HIGHLY recommend you buy Jerome Schoefferman's book, "What to do for a Pain in the Neck : The Complete Program for Neck Pain Relief" which is sold on . I found excellent relief through that book. 4 of 4 people found the following review helpful. Most comprehensive coverage of whiplash disorders available! By Dr. Scott Cuthbert Dr. Jull and her physiotherapy colleagues at the University of Queensland in Australia have generated a comprehensive, evidence-based, and exhaustive text on the broad topic of neck pain and rehabilitation. The textbook contains fifteen chapters covering the biomechanics and functional clinical sciences of neck pain disorders and therapeutics. The illustrations throughout the book are excellent, and the Tables of research evidence presented throughout the textbook are superb. One major flaw in the presentation regards the manipulative approach to the treatment of whiplash and mechanical neck pain, as this research is given short-shrift compared to the "exercise treatment" of neck pain, which is unfortunate. This text specifically focuses on whiplash associated disorders, cervicogenic headache and cervico-brachial pain. Very important discussions in many of these chapters focus on the psychosocial etiologies of chronic neck pain, emphasizing that the entire patient must be assessed in order for treatments to overcome chronicity. The authors recommend identifying patterns of functional disturbance (particularly muscular inhibitions that result from joint and muscle pain, i.e. arthrogenic inhibition (or what chiropractors call "the vertebral subluxation complex" or osteopaths call "somatic dysfunctions") rather than focusing primarily on pain generating structures. The subcategorization of functional neck pain phenomena helps to develop more relevant rehabilitation and treatment strategies. This is accomplished through extensive examination procedures incorporating both static and dynamic assessment methods. The chapters re-emphasize the importance of the assessment of muscle function in cases of whiplash and neck pain disorders. This is quite in keeping with the applied kinesiology and chiropractic approach, which unfortunately was ignored by these eminent physiotherapy authors in their discussions. Nonetheless the discussions regarding the research on the instrumental assessments of neck dysfunctions in cases of Whiplash Associated Disorders and Mechanical Neck Pain are priceless, and one of the best presentations of this essential material available today. The book is brilliant in many ways and a breakthrough. Highly recommended for students, clinicians, researchers and scientists.-- By Scott Cuthbert, DC, author of Applied Kinesiology Essentials: The Missing Link in Health Care (2013), and Applied Kinesiology: Clinical Techniques for Lower Body Dysfunctions (2013). 1 of 1 people found the following review helpful. excellent resource By denhamia I purchased the text over 18 months ago and it is one of my more treasured texts. Thanks Gwen and your team for all your hard work in finally bringing yours and the latest research together in this must have text. I would recommend this for all evidence based health practitioners who deal with cervical spine management and a must have for all musculoskeletal physiotherapists. It is a good revision of the research that is out there. It has also helped me put together a great little exercise program which I can modify and progress depending on my assessment findings, and can now confidently say to my clients that the program will improve their symptoms (the results speak for themselves). Thanks again.

A textbook and practical clinical handbook for all students and practitioners concerned with the evaluation, diagnosis, assessment and management of neck pain and cervical headache particularly in relation to whiplash. It is likely to become essential study for final year physiotherapy and chiropractic students, for all manipulative physiotherapy MSc students and a widely used clinical ref text for all involved in the assessment and management of whiplash and related neck and head pain. This book presents the applied sciences, clinical assessment methods and rehabilitation protocols for the management of persons with neck pain. The material presented in this book represents the translation of research into clinical practice and provides a systematic approach to assessment and an evidence base for conservative clinical management strategies for neck pain. Unique topics in this book include: Provides an understanding of the pathophysiological processes in the sensory, motor and sensorimotor systems and how they present in patients with neck pain disorders. Presents multimodal approaches to management of neck pain guided by the evidence of presenting dysfunctions Presents a comprehensive description of a therapeutic exercise approach based on motor control which has proven efficacy.