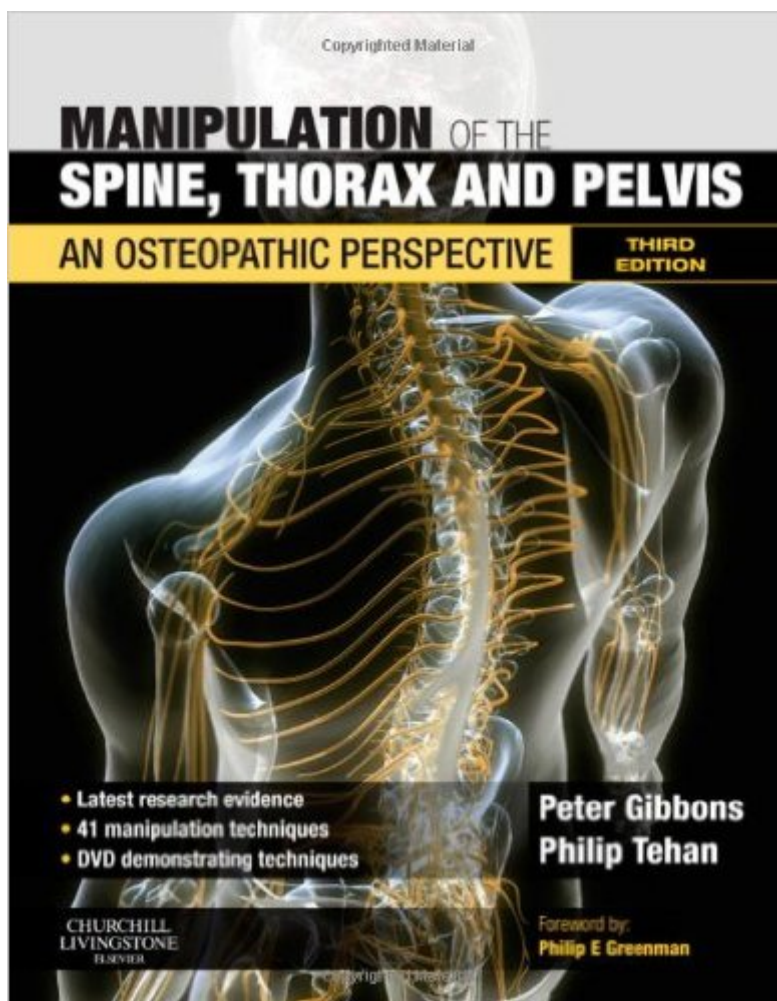


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# Manipulation Of The Spine, Thorax And Pelvis With DVD: An Osteopathic Perspective, 3e



## Synopsis

This highly illustrated, step-by-step guide gives detailed instructions for dozens of different manipulation techniques, covering all levels of the spine, thorax, and pelvis. It also includes a helpful overview of the principles and theory of spinal manipulation and its use in clinical practice. The accompanying DVD contains video clips demonstrating the techniques described in the book. The new edition is a highly illustrated, step-by-step guide to 41 manipulation techniques commonly used in clinical practice. The book also provides the related theory essential for safe and effective use of manipulation techniques.

## Book Information

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## Customer Reviews

This book is as good as the current scientific literature allows it to be, and is by far the best on the market of its kind at present! What is most refreshing about this book is that the authors have not hidden away in the world of anecdote and hearsay, all too often seen in competing texts, and have embraced an approach informed by research evidence (where available) to the teaching of a subject that has been used for many years by a wide range of health professionals. Whilst the authors make it clear that they are osteopaths and their clinical background has informed their approach, their use of scientifically sound and generic terminology and concepts allows their work to be accessible and understood by readers from any discipline. A masterstroke by the authors is their categorisation of manipulative techniques by the target joint in which synovial fluid cavitation is

desired. Never mind the opinions of authors of less informed books about the relevance of joint cavitation. The scientific literature clearly shows that cavitation is what distinguishes high velocity-low amplitude thrust (HVLAT) manipulation from other interventions grouped under the generic 'spinal manipulative therapy' banner. These authors have taken a brave step in categorising techniques in this manner, adding clarity to a subject that is all too often obfuscated by wishy-washy opinion and an avoidance of robust empirical data. By the same token, it is nice to see that the authors have emphasised the importance of spinal segmental kinematics in relation to the various phases of HVLAT manipulation. These important concepts are then used to aid explanation of each technique throughout the text in a consistent and logical manner. The techniques included cover all regions of the spine, and represent an ample repertoire for any manipulative practitioner. The techniques are logically organised by anatomical region, are clearly illustrated, and a clear description of each phase of the technique is given in the text. The text is then complemented by videos of each technique on the accompanying CD-ROM, which is an extremely useful learning (and teaching) aid. It is worth bearing in mind that videos of manual therapy techniques have traditionally been very expensive, but this addition really makes this book good value when compared with the alternatives on the market. What more can you ask for?

This text is truly one of the best deals around, with excellent video clips on the CD of the techniques that are explained in the text. Part A covers osteopathic philosophy, coupled motions, spinal locking, safety considerations, and the indications for high velocity low-amplitude techniques. However, Gibbons and Tehan transcend osteopathic tradition in citing research that contradicts positional diagnosis and coupled motions, and take a very up-to-date approach to pre-manipulative assessment and informed consent. Part B includes the manipulation techniques, including two for the OA and AA joints, midcervical manipulations in supine using various holds, as well as in sitting. Cervicothoracic techniques are shown in prone, sitting and sidelying. Thoracic and lumbar techniques are pretty standard fare. Part C covers the sacroiliac joint, but leaves the reader wishing it were longer. Again, traditional osteopathic terminology, such as sacral flexions and torsions, ilial inflares and upslips, are not even mentioned. Considering the cost of continuing education (few of which cover more than a handful of HVLA techniques) or a residency, this book is a tremendous value, and a great addition to any manipulation practitioner's library. The technique explanations are in-depth, a nice change from many manipulation texts where the nuances of the setup are often spartan. The CD is a terrific addition, and I, for one, hope it sets a standard for manipulation texts in the future.

This text provides detailed instructions for each technique presented along with videos of the majority of them. The techniques themselves are instructed in a manner in which there is appropriate application of levers and minimization of forces applied making the techniques much less threatening and more comfortable for patients. As was pointed out they did add sound bites to the video to represent cavitation during a technique, but this does not change the effectiveness of the instruction or techniques presented. This is the best text on spinal manipulation I have found.

I found this to be one of the best high-velocity textbooks. The CD and step by step directions make this a great deal!

I recommend this book to all my fellow DCs and manipulative practitioners. The techniques are elegantly presented and the dvd is most helpful. The rationale presented for applying the manipulations is very good. The video fluoroscopy clarifies what to consider in the setup and manipulation. I would like the authors to also have included how they make a diagnosis leading to which segment they would like to treat and which technique can be used but perhaps diagnostic skills are already assumed or that is another book and there is also Greenman's Principles of Manual Medicine which covers dx. [the 4th edition is excellent]

good resource, but the cavitation sounds in the video seem to be edited in... kind of sketchy

Perfect book on manipulation for Doctors of Physical Therapy practicing spinal manipulation.

this book is pretty good, but the pictures could use an update

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