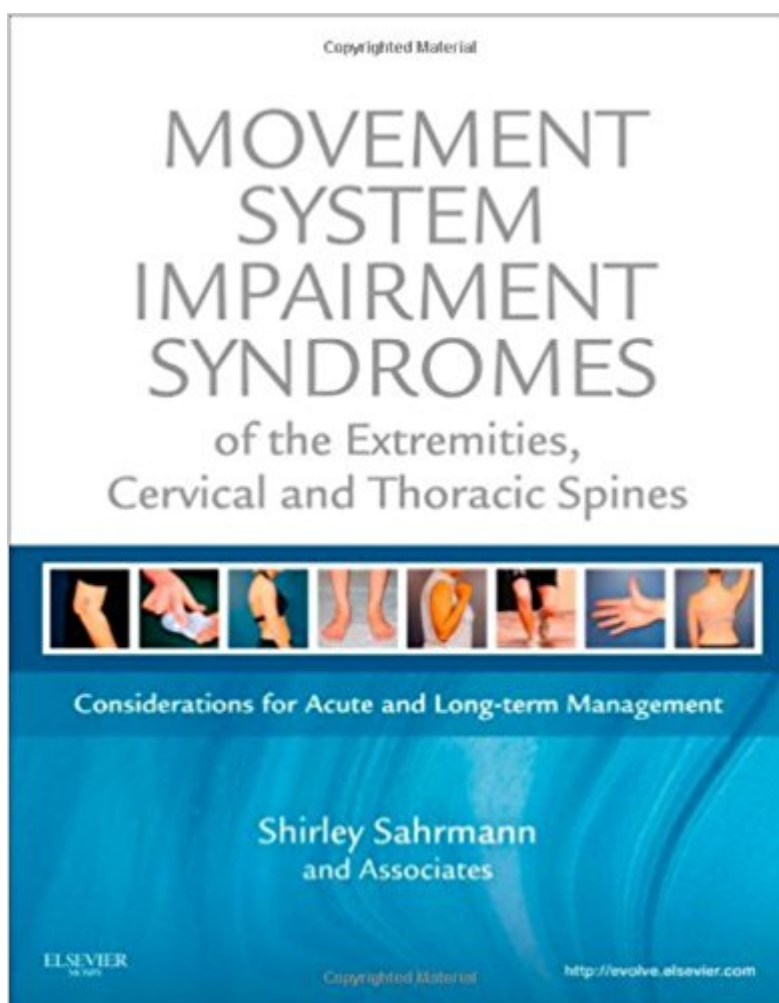


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# Movement System Impairment Syndromes Of The Extremities, Cervical And Thoracic Spines, 1e



## Synopsis

Extensively illustrated and evidence based, *Movement System Impairment Syndromes of the Extremities, Cervical and Thoracic Spines* helps you effectively diagnose and manage musculoskeletal pain. It discusses diagnostic categories and their associated muscle and movement imbalances, and makes recommendations for treatment. Also covered is the examination itself, plus exercise principles, specific corrective exercises, and the modification of functional activities. Case studies provide examples of clinical reasoning, and a companion Evolve website includes video clips of tests and procedures. Written and edited by the leading experts on muscle and movement, Shirley Sahrmann and associates, this book is a companion to the popular *Diagnosis and Treatment of Movement Impairment Syndromes*. An organized and structured method helps you make sound decisions in analyzing the mechanical cause of movement impairment syndromes, determining the contributing factors, and planning a strategy for management. Detailed, yet clear explanations of examination, exercise principles, specific corrective exercises, and modification of functional activities for case management provide the tools you need to identify movement imbalances, establish the relevant diagnosis, and develop the corrective exercise prescription. Case studies illustrate the clinical reasoning used in managing musculoskeletal pain. Evidence-based research supports the procedures covered in the text. Over 360 full-color illustrations -- plus tables and summary boxes -- highlight essential concepts and procedures. A companion Evolve website includes video clips demonstrating the tests and procedures and printable grids from the book.

## Book Information

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## Customer Reviews

Shirley Sahrmann set out her theory of movement impairment in her first book in 2001. This was ground breaking work and has worked very well for me in cases of long term or insidious onset pain problems. She covered diagnosis of the shoulder/scapula, low back, and hip. Shirley has now been joined by a very talented group of therapists/researchers to 1. fill in the acute injury diagnosis (done very simply and elegantly by identifying the part involved and then staging the point in the recovery), and 2. to establish diagnoses for the other areas of the body (neck, elbow, hand, thorax, knee, and ankle/foot). The organization of the book is much improved with each area again getting it's own chapter, then each movement impairment is outlined with general guidelines for treatment included in an appendix after each chapter. The treatment guidelines are especially helpful since I find myself searching Sahrmann's first book through the body of the text when I need additional ideas for treatment. *Movement System Impairment Syndromes of the Extremities, Cervical and Thoracic Spines*, is a long awaited and very welcome addition to, not only Sahrmann's work, but to the field of physical therapy. We need a cogent, concise, and thorough approach to describing and organizing the various injuries, pains, and function impairments that we see; that is, a diagnostic system. These books are an excellent start.

This book is game changer as far as how you assess, treat and rehabilitate non acute, non surgically injuries. It is a must have and this book/philosophy should be taught to every PT and ATC educational program in the United States. Once you read it, you realize the mistakes you made with previous patients and how to improve your treatment outcomes in the future.

This book is a companion book to Sahrmann's original book diagnosis and treatment of movement systems impairment syndromes. It is based on classifying different injuries into movement system impairments and outlines the treatment for the different syndromes. I found it to be an enlightening read, however I would have to refer to it constantly to get these movement impairments cemented in my head. I truly believe that if this system is utilised it would speed up the recovery of orthopaedic patients. Although the original book is not necessary to understand the principles of this book, there is frequent reference to it so it would also be useful to purchase the original to accompany this one.

As a strength and conditioning coach with a limited level of A&P, this book is a little over my head,

and something that I have to study for a while before I get the information I need (i.e. not a reference). I use the book to understand what my customers PTs and/or Chiropractors diagnosis are. I think her other book, "Diagnosis and Treatment of Movement Impairment Syndromes" is the right book for someone like me; however, if you can afford both they work pretty well together because there are several references in this book that refer to the earlier book.

I haven't made it through the whole text yet, but Sahrmann is brilliant and I love her work. I thought this text was laid out better and is a little easier to grasp than her last Movement System Impairment book. This should be one of the key texts in the library of all good PT's.

Once again, Shirley Sahrmann presents a great work. I am an amateur interested in human anatomy and physical therapy, and this along with her first book are excellent resources for treating and learning about various common orthopedic ailments. A good knowledge of anatomy is required (I recommend "Anatomy of Movement". Of course, some people will criticize this work for buying in too much to the biomechanics model of pain rather than a CNS dominated model (Janda etc), and for ignoring biopsychosocial factors, but the author and associates experience suggests that correcting postural alignments can have a powerful effect on function. Two thumbs up!

Excellent descriptions & illustrative pictures, broad coverage of large number of joint and muscular movement problems that present in the clinic, great physiotherapy text, a particularly good reference book for the clinical setting. Covers all parts of the body, particularly good coverage of spinal disorders.

This book is an excellent resource for experienced coaches and therapists. If you do not have a clinical education you should start at a lower level.

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