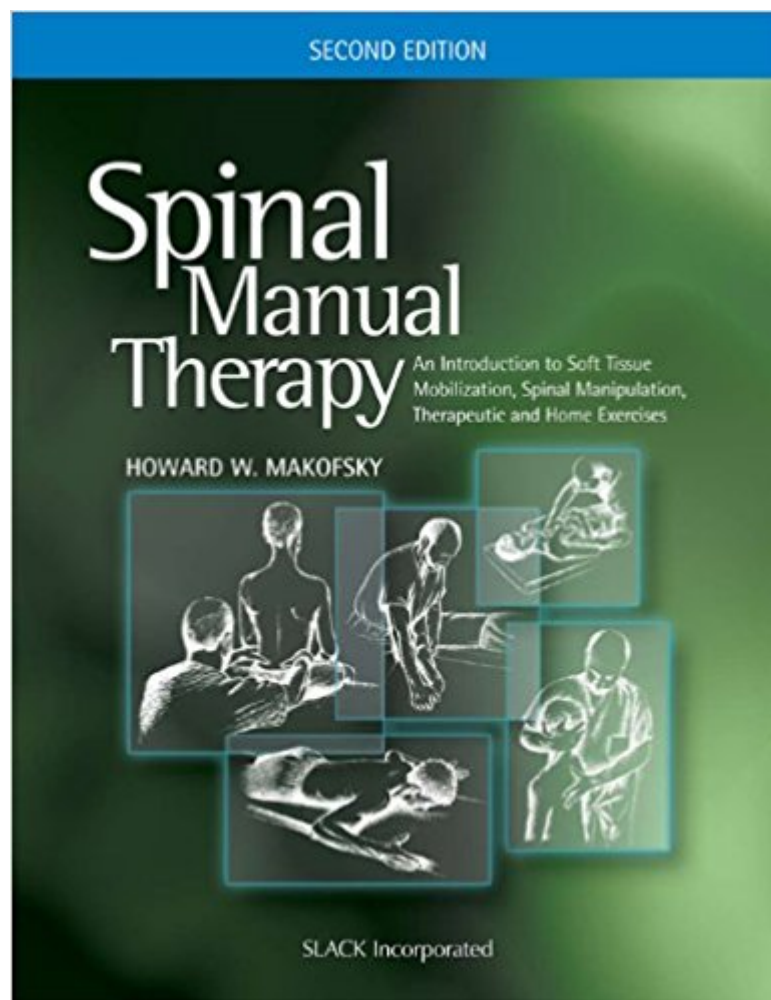




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# **Spinal Manual Therapy: An Introduction To Soft Tissue Mobilization, Spinal Manipulation, Therapeutic And Home Exercises**



## Synopsis

Spinal Manual Therapy: An Introduction to Soft Tissue Mobilization, Spinal Manipulation, Therapeutic and Home Exercises, Second Edition is an easy-to-follow manual of clinical techniques for the spine, pelvis, and temporomandibular joint. The text provides *tools* rather than *recipes* and immerses the reader in the process of *thinking as a manual therapist*, rather than functioning as a technician. The clinical utility of this revised second edition combines the art and science of present day spinal manual therapy. The focus of Spinal Manual Therapy, Second Edition is to provide clinically useful treatment techniques, while being mindful of the scientific literature related to the practice of spinal manual therapy. It is an ideal resource for all those interested in grasping the basics of spinal manual therapy and transferring that knowledge into practice within a clinical environment. The hands-on approach taken by Dr. Howard W. Makofsky makes this new edition the go-to textbook for spinal manual therapy. New to the Second Edition:

- New pictures of examination and treatment techniques with captions
- Additional case studies
- New evidence supporting spinal manual therapy
- Updated references throughout the text

This unique textbook has a plethora of clinical techniques, including the rationale for each of their use. With over 300 figures, illustrations, and photographs for each examination/treatment technique for various regions of the body, students and clinicians learning manual therapy will benefit greatly from Spinal Manual Therapy, Second Edition. Inside you will find:

- Evaluation
- Soft tissue techniques
- Manipulative procedures
- Specific exercises
- Clinical problem solving

Spinal Manual Therapy, Second Edition mirrors a course on the introduction to spinal manual therapy and will be welcomed into physical therapy curriculums, as well as appreciated by clinicians when entering clinical practice.

## Book Information

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## Customer Reviews

"Spinal Manual Therapy is both comprehensive and user friendly. The plethora of figures will greatly enhance the learning experience. However, the quality of Spinal Manual Therapy surpasses solely that of the student level. In fact, new graduates, novices, and clinicians with limited exposure to orthopaedic manual therapy will greatly benefit from this book." " Jessica Palmer, SPT and Joshua Cleland, DPT, OCS, The Journal of Manual and Manipulative Therapy "...helps the reader to examine the patient using good manual skills to detect and treat somatic dysfunctions. I found it very interesting the pictures are wonderfully helpful in demonstrating techniques and demonstrating exercises." " Diane J. Cordeiro, PT, OCS, CFMT, ADVANCE for Physical Therapists and PT Assistants "This book is helpful in presenting entry level, evidence-based approaches to spinal manual therapy | A good review of biomechanics and bony spinal anatomy is provided. This edition is much improved over the original. It is well written and references current literature, providing a good foundation for physical therapy students, entry level physical therapists, or novice manual therapists." " Gordon Riddle, PT, DPT, ATC, CSCS, North Hills Orthopedic and Sports Physical Therapy, Doody Enterprises, Inc.

Howard W. Makofsky, PT, DHSc is an Associate Professor in the Department of Physical Therapy at the New York Institute of Technology, Old Westbury, NY; an Adjunct Professor at the Touro College School of Health Sciences, Bay Shore and New York, NY; and a Clinical Assistant Professor of Physical Therapy at Stony Brook University, Stony Brook, NY. Dr. Makofsky holds a bachelor of science degree in human physiology from McGill University, a bachelor of science degree in physical therapy and a master of science degree in health sciences from Stony Brook University, and a doctor of health science degree from the University of St. Augustine for Health Sciences, St. Augustine, FL. Dr. Makofsky has been practicing, researching, and teaching manual physical therapy for 30 years. He has more than 20 published articles in the scientific literature, and holds patents on the Occivator® and PostureJac®. Dr. Makofsky was on the editorial board of the Journal of Manual & Manipulative Therapy for several years and presently sits on the editorial board of the Journal of Craniomandibular Practice. Dr. Makofsky and his wife, Frances, founded the not-for-profit 501(c)(3) public charity, Kaya's Kids,

Inc, which provides financial support for the Paradise Orphanage in Burkina Faso, West Africa. Dr. and Mrs. Makofsky reside in Mastic Beach, NY during the school year, and in Advocate Harbour, Nova Scotia, Canada in the summer months. They have four grown children and one grandchild.

If you're in PT/PTA school this man/book has played a huge role in your curriculum. Dr. Makofsky is a legend and a brilliant man. This book is the proof.

Well written, and great illustrations. It also really helped that the author was my professor. He knew his material so well that he would teach the class without notes, and if you read along in the book, he was dictating verbatim what was in the book. I still refer to it for patients and weekend warrior friends that push a little too hard.

Dr Makofsky is a genius and his manual techniques are very insightful and clearly explained in this book. Very easy read and helpful.

I find it refreshing that Dr. Makofsky has chosen to provide the reader an integrative approach to spinal evaluation and treatment. He outlines the importance of clinical reasoning and challenges the reader through a case study format of questioning. This book will serve as a valuable resource for those seeking a more comprehensive understanding of spinal assessment and intervention.

This book is perfect for the beginner to the advanced clinician. It brings you back to the basics of manual therapy principles and is immediately applicable to everyday practice.

As a chronic back pain sufferer looking for answers for my particular problem, I found the home exercises section very helpful!

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