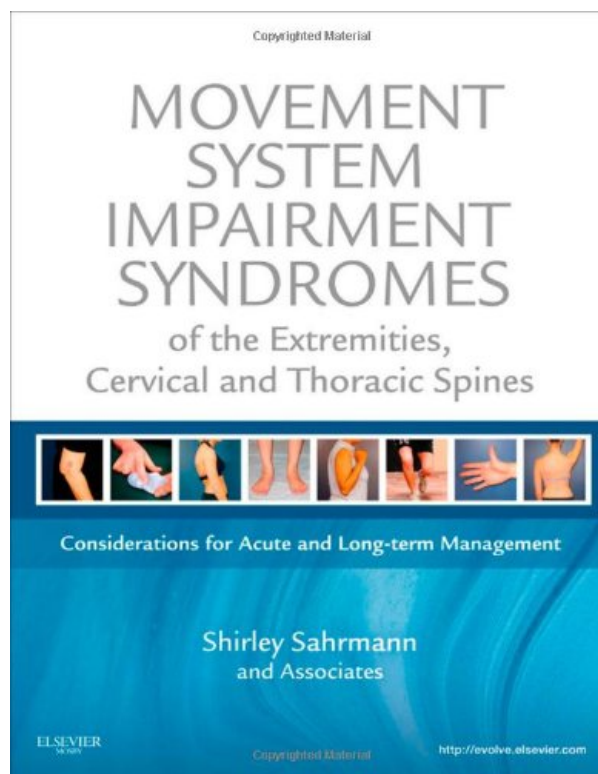


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CERVICAL AND THORACIC SPINES, 1E BY
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of the Extremities,
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Considerations for Acute and Long-term Management

Shirley Sahrmann
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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 Sahrman 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.

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- 568 pages

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21 of 23 people found the following review helpful.

Once again

By simon matthew

Once again, Shirley Sahrman 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!

9 of 9 people found the following review helpful.

Taking the next step

By lazulichris

Shirley Sahrman 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 Sahrman'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 Sahrman'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.

6 of 6 people found the following review helpful.

Very thorough and detailed

By saul jimenez

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.

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