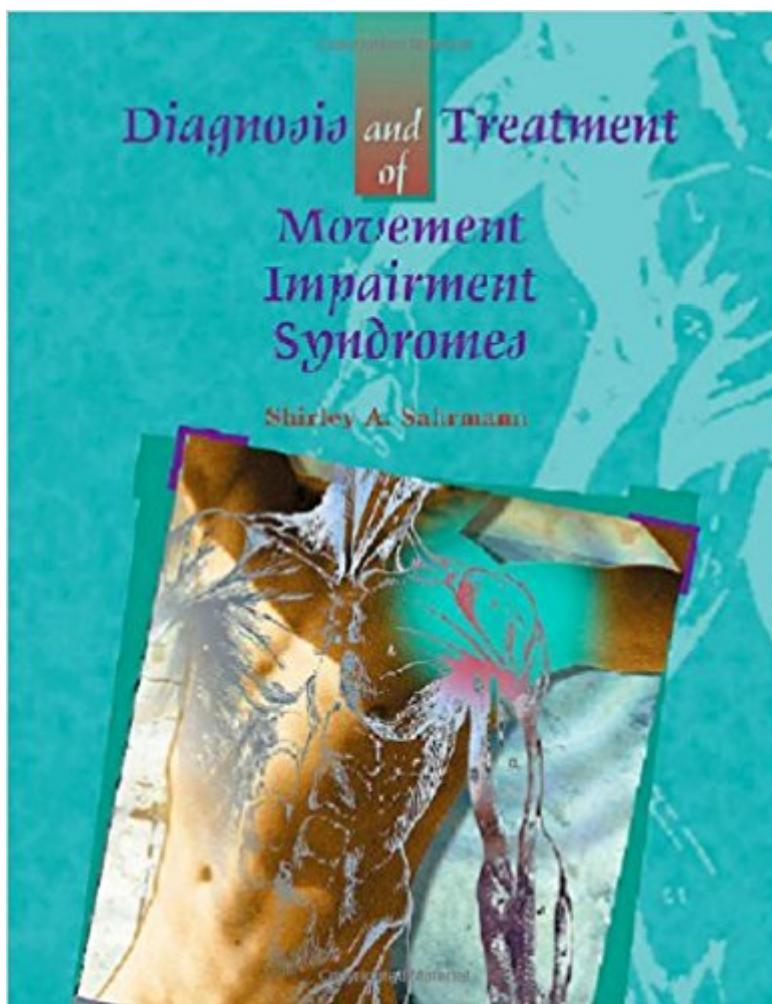


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# Diagnosis And Treatment Of Movement Impairment Syndromes



## **Synopsis**

Authored by an acknowledged expert on muscle and movement imbalances, this well-illustrated book presents a classification system of mechanical pain syndrome that is designed to direct the exercise prescription and the correction of faulty movement patterns. The diagnostic categories, associated muscle and movement imbalances, recommendations for treatment, examination, exercise principles, specific corrective exercises, and modification of functional activities for case management are described in detail. This book is designed to give practitioners an organized and structured method of analyzing the mechanical cause of movement impairment syndrome, the contributing factors, and a strategy for management.\* Provides the tools for the physical therapist to identify movement imbalances, establish the relevant diagnosis, develop the corrective exercise prescription and carefully instruct the patient about how to carry out the exercise program. \*

Authored by the acknowledged expert on movement system imbalances. \* Covers both the evaluation process and therapeutic treatment. \* Detailed descriptions of exercises for the student or practitioner. \* Includes handouts to be photocopied and given to the patient for future reference.

## **Book Information**

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Average Customer Review: 4.4 out of 5 stars 46 customer reviews

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## **Customer Reviews**

Shirley Sahrmann, PT, PhD, FAPTA, Washington University School of Medicine, St.Louis, MO

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.

I am currently a 3rd year physical therapy student and discovered this book on one of my rotations. This book had a lot of context and is not an easy read, but every paragraph is filled with very useful information. If you are looking for more of an in depth look into movement then you have found it with this book.

Dr. Shirley Sahrmann is really a great physical therapist, teacher, clinician and researcher. Her concepts are based on understanding of biomechanics and motor control. This is the real deal. Understanding the movement system will help diagnose and treat your patients better. It is strongly recommended that you also attend her seminars to better integrate what you have learned into practice. Her treatment is more compatible with orthopedic and musculoskeletal conditions as well as a therapist that is willing to spend time on his/her patients.

This is a wonderful resource for anyone interested in how to treat musculoskeletal pain. Also great for anyone looking to gain understanding of how the human body functions. Biggest disappointment was the inability to print corrective exercise forms and some of the images were not included in the electronic version... Huge bummer!!

As a strength coach, this is a useful and digestible resource for movement compensations.

Shirley Sahrmann has given meaning to my world!!!!!! Her insight into functional anatomy is an eyeopener and this book gives us an insight into a new way of thinking about treating people with musculoskeletal problems.

The reason this book got 4 instead of 5 stars is because this is a very dense, text book quality tome that is written by one of the leading researchers, writers and teachers in the field of rehab and movement, Dr. Shirley Sahrmann. It is not light or easily accessible information nor is it intended to be. It will require your utmost focus and concentration but that effort will be rewarded with more than a few "AH HAH" moments. Again, I believe this is a book that should be a reference book in any serious, career minded fitness or performance coach and it goes without saying that the same applies to the physical therapy field.

Excellent book, but as others have said, there are some typos. For the layperson those mistakes could make the text confusing. I highly recommend this book for any PT, DC, ATC or advanced body worker who wants a better understanding of injury and injury prevention.

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