

Foreword by
Robert Elvey

WHIPLASH, HEADACHE, AND NECK PAIN

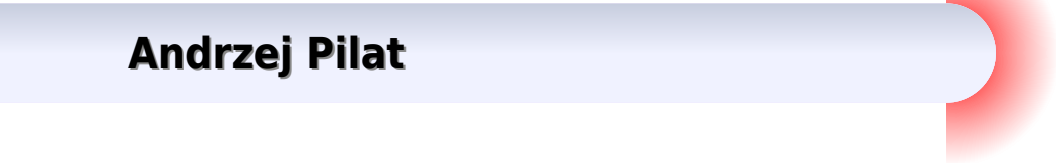
Research-based directions for physical therapies

Gwendolen Jull
Michele Sterling
Deborah Falla
Julia Treleaven
Shaun O'Leary

CHURCHILL
LIVINGSTONE
ELSEVIER

Whiplash Headache And Neck Pain Research Based Directions For Physical Therapies 1e

Andrzej Pilat



Whiplash Headache And Neck Pain Research Based Directions For Physical Therapies 1e:

Whiplash, Headache, and Neck Pain Gwendolen Jull, Michele Sterling, Deborah Falla, Julia Treleaven, Shaun O'Leary, 2008-03-25 Textbook and practical clinical handbook for all students and practitioners concerned with evaluation diagnosis assessment and management of neck pain and cervical headache particularly in relation to whiplash Written by a group of researchers and clinicians who are leaders in the field of whiplash and related neck and head pain Demonstrates the clinical relevance of the research to the student and busy practitioner Suggests future directions for clinical management and future research Extensively illustrated with line diagrams and photographs This book presents the applied sciences clinical assessment methods and rehabilitation protocols for the management of persons with neck pain The material presented in this book represents the translation of research into clinical practice and provides a systematic approach to assessment and an evidence base for conservative clinical management strategies for neck pain Unique topics in this book include Provides an understanding of the pathophysiological processes in the sensory motor and sensorimotor systems and how they present in patients with neck pain disorders Presents multimodal approaches to management of neck pain guided by the evidence of presenting dysfunctions Presents a comprehensive description of a therapeutic exercise approach based on motor control which has proven efficacy E-Book - Whiplash, Headache and Neck Pain Gwendolen Jull, Michele Sterling, Deborah Falla, Julia Treleaven, Shaun O'Leary, 2008-04-01 A textbook and practical clinical handbook for all students and practitioners concerned with the evaluation diagnosis assessment and management of neck pain and cervical headache particularly in relation to whiplash It is likely to become essential study for final year physiotherapy and chiropractic students for all manipulative physiotherapy MSc students and a widely used clinical ref text for all involved in the assessment and management of whiplash and related neck and head pain This book presents the applied sciences clinical assessment methods and rehabilitation protocols for the management of persons with neck pain The material presented in this book represents the translation of research into clinical practice and provides a systematic approach to assessment and an evidence base for conservative clinical management strategies for neck pain Unique topics in this book include Provides an understanding of the pathophysiological processes in the sensory motor and sensorimotor systems and how they present in patients with neck pain disorders Presents multimodal approaches to management of neck pain guided by the evidence of presenting dysfunctions Presents a comprehensive description of a therapeutic exercise approach based on motor control which has proven efficacy **Mechanisms and Management of Pain for the Physical Therapist - E-BOOK** Kathleen A. Sluka, 2025-05-24 Deepen your knowledge of the mechanisms of pain and redefine your approach to pain management with this essential resource Mechanisms and Management of Pain for the Physical Therapist Third Edition is the only textbook that addresses the growing significance of rehabilitation and non pharmaceutical treatments in pain care Dr Kathleen Sluka leads a team of more than 20 international contributors in providing a practical evidence based framework for understanding

pain mechanisms and management using a multidisciplinary approach Completely updated content covers the basics of pain neurobiology and reviews evidence on the mechanisms of action of physical therapy treatments as well as their clinical effectiveness in specific pain syndromes This edition features new chapters on chronic pain predictors psychological interventions and managing pain in special populations ensuring you are equipped with the latest advancements in the field Comprehensive coverage of physical therapy pain management with a review of the latest evidence and case studies Overview of the science of acute and chronic pain Interdisciplinary approach to pain management Focus on pain syndromes commonly seen in physical therapy practice including the underlying pathology and interdisciplinary management as well as the medicine psychology and physical therapy approaches

Whiplash - E-Book Meridel I. Gatterman, 2011-03-22

Providing a balanced evidence based discussion of whiplash and its associated disorders Whiplash A Patient Centered Approach to Management compiles information from many sources into a single definitive reference It clearly delineates rationales and procedures covering cervical spine anatomy neurology kinesiology epidemiology patient history and assessment imaging soft tissue injuries articular lesions rehabilitation and prognosis Using numerous full color photos and illustrations an expert author team led by Dr Meridel Gatterman offers concrete guidelines for a patient centered approach to care of whiplash and whiplash related conditions one that recommends minimally invasive procedures and therapies whenever possible A companion Evolve website includes video clips showing stretching exercises printable patient handouts and narrated PowerPoint slides A patient centered approach to care emphasizes working with patients as partners with both preferring minimally invasive procedures and therapies where appropriate in a way that promotes self healing a holistic approach to the patient and a humanistic attitude with regard to the patient practitioner relationship An easy to follow organization helps you to clearly identify whiplash and plan a course of treatment beginning with an in depth description of whiplash and the various approaches to treatment and moving on to cover the anatomy of the cervical spine the mechanism of injury physical examination and imaging then continuing with the management of whiplash injuries and complications such as headaches and joint injuries Full color photos and illustrations clarify concepts and procedures Evidence based content is based on findings in current literature and cited in chapter references Coverage of both typical and less common types of whiplash injuries helps you accurately assess varied symptoms and avoid overlooking any related signs and symptoms Detailed coverage of the relationship between the cervical spine and the cervical distribution of the autonomic nervous system helps you recognize the potential complications of whiplash and how nerve anatomy informs these complications More than 20 tables and charts provide a quick reference to facilitate review of the material A glossary provides definitions and pronunciations of terms related to whiplash Expert author Meridel Gatterman MA DC MEd is one of the leading chiropractic academics in the U S has written several other chiropractic textbooks and many peer reviewed journal articles has served as both a Dean and Director for two different chiropractic schools and currently acts as a

Consultant to the Oregon Board of Chiropractic Examiners A companion Evolve website includes video clips of a chiropractor performing stretching exercises plus an image collection narrated PowerPoint slides and printable patient handouts

Handbook of Pain and Palliative Care Rhonda J. Moore, 2013-10-25 Handbook of Pain and Palliative Care Biobehavioral Approaches for the Life Course Rhonda J Moore editor This book takes both a biobehavioral and a lifespan approach to understanding long term and chronic pain and intervening to optimize patients functioning Rich in clinical diversity chapters explore emerging areas of interest computer based interventions fibromyalgia stress ongoing concerns cancer pain low back pain and special populations pediatric elderly military This coverage provides readers with a knowledge base in assessment treatment and management that is up to date practice strengthening and forward looking Subject areas featured in the Handbook include Patient practitioner communication Assessment tools and strategies Common pain conditions across the lifespan Biobehavioral mechanisms of chronic pain Pharmaceutical neurological and rehabilitative interventions Psychosocial complementary alternative narrative and spiritual approaches Ethical issue and future directions With the rise of integrative perspective and the emphasis on overall quality of life rather than discrete symptoms pain management is gaining importance across medical disciplines Handbook of Pain and Palliative Care stands out as a one stop reference for a range of professionals including health practitioners specializing in pain management or palliative care clinical and health psychologists public health professionals and clinicians and administrators in long term care and hospice

Whiplash Michele Sterling, Justin Kenardy, 2011 Whiplash is one of the most debated and controversial musculoskeletal conditions This is in part due to the often compensable nature of the injury and the fact that a precise pathoanatomical diagnosis is not usually achievable Whiplash Evidence base for clinical practice presents the evidence underpinning the complexity of whiplash associated disorders WADs from the specifics of current physiological and psychological manifestations of the condition to broader issues such as compensation and litigation This new text will be essential reading for physiotherapy chiropractic osteopathy

Fundamental Orthopedic Management for the Physical Therapist Assistant - E-Book Robert C. Manske, 2021-07-15 NEW Updated content and references are added throughout the book to reflect changes in practice patterns NEW Expanded full color illustrations add clarity to anatomy and procedural drawings and make it easier to learn important concepts NEW Updated chapter summaries highlight essential need to know information NEW Updated educator and student resources on the Evolve website provide tools to make teaching and learning easier

Grieve's Modern Musculoskeletal Physiotherapy E-Book Deborah Falla, Jeremy Lewis, Christopher McCarthy, Chad E Cook, Michele Sterling, 2024-04-02 Originally edited by Gregory Grieve a founder of modern manual therapy the fifth edition of Grieve's Modern Musculoskeletal Physiotherapy continues to offer contemporary evidence models of diagnosis and practice that make this one of the most highly respected reference books for physiotherapists This edition has been fully updated to provide an overview of the latest science in a rapidly evolving field It includes detailed directions

for research informed patient care for a range of musculoskeletal disorders as well as up to date information on the global burden research methodologies measurements and principles of assessment and management A new international editorial board with experience in both research and clinical practice bring a truly comprehensive perspective to this book meaning those practising musculoskeletal physiotherapy today will find it highly clinically relevant to their work Edited by an internationally recognised editorial board brings expertise in both research and clinical practice Fully updated with the latest published evidence Clear guidance on evidence based contemporary practice Management of conditions relating to both the vertebral column and peripheral joints Updated reviews on the science and practice of a wide range of treatment modalities Principles of effective communication screening clinical reasoning lifestyle considerations behavioural change and self management Summary boxes and clinical tips to support clinical assessment and management More than 300 figures and illustrations Global burden of musculoskeletal disorders including history epidemiology and new models of care A range of new research methodologies including N of 1 research designs systematic reviews and meta analyses population based cohort studies consensus research and response analyses in musculoskeletal research How to navigate the endless wave of information and assess different levels of evidence New measures New chapter on cost analyses and value based care Digital rehabilitation methods

Manual Therapy for Musculoskeletal Pain Syndromes Cesar Fernandez de las Penas, Joshua Cleland, Jan Dommerholt, 2015-04-28 A pioneering one stop manual which harvests the best proven approaches from physiotherapy research and practice to assist the busy clinician in real life screening diagnosis and management of patients with musculoskeletal pain across the whole body Led by an experienced editorial team the chapter authors have integrated both their clinical experience and expertise with reasoning based on a neurophysiologic rationale with the most updated evidence The textbook is divided into eleven sections covering the top evidence informed techniques in massage trigger points neural muscle energy manipulations dry needling myofascial release therapeutic exercise and psychological approaches In the General Introduction several authors review the epidemiology of upper and lower extremity pain syndromes and the process of taking a comprehensive history in patients affected by pain In Chapter 5 the basic principles of the physical examination are covered while Chapter 6 places the field of manual therapy within the context of contemporary pain neurosciences and therapeutic neuroscience education For the remaining sections the textbook alternates between the upper and lower quadrants Sections 2 and 3 provide state of the art updates on mechanical neck pain whiplash thoracic outlet syndrome myelopathy radiculopathy peri partum pelvic pain joint mobilizations and manipulations and therapeutic exercises among others Sections 4 to 9 review pertinent and updated aspects of the shoulder hip elbow knee the wrist and hand and finally the ankle and foot The last two sections of the book are devoted to muscle referred pain and neurodynamics The only one stop manual detailing examination and treatment of the most commonly seen pain syndromes supported by accurate scientific and clinical data Over 800 illustrations demonstrating examination procedures and techniques Led by an

expert editorial team and contributed by internationally renowned researchers educators and clinicians Covers epidemiology and history taking Highly practical with a constant clinical emphasis Myofascial Induction™ Volume 1: The Upper Body Andrzej Pilat, 2022-01-03 Myofascial Induction™ An anatomical approach to the treatment of fascial dysfunction describes the properties of the fascial network and provides therapeutic solutions for different types of fascial dysfunction The material is presented in two volumes Volume 1 analyzes in depth the theoretical aspects related to fascia and focuses on the therapeutic procedures of Myofascial Induction Therapy MIT™ for the upper body Volume 2 summarizes and expands on the theoretical aspects and explains the therapeutic procedures of MIT for the lower body Volume 1 is divided into two parts Part 1 The Science and Principles of Myofascial Induction and Part 2 Practical Applications of Myofascial Induction the Upper Body Part 1 defines the fascia as a complex biological system before discussing its multiple characteristics Part 2 is the practical part Here the reader will find a wide range of manual therapeutic procedures which can be selected and used to build up the MIT treatments These processes are explained in detail and are richly illustrated in full color with diagrams and photographs of their practical application in the body and in the treated samples of dissected tissues Each chapter opens with an introduction offering to the reader some philosophical background as a reminder that philosophy allows us to relate the strictly scientific with the empirical Praxis and empiricism are the basis of science The author invites you to join the scientific fascial adventure that allows us to uncover areas of knowledge which may have been forgotten or which are not yet recognized as being related and which might still reveal relevant information Once discovered these facts can help us to better understand the kinesis of our body and so help the individual to change their body image and to improve their quality of life **Whiplash Injury** Helge Kasch, Dennis C. Turk, Troels S. Jensen, 2016-01-04 Whiplash Injury A Model for Development of Chronic Pain compiles the proceedings of the March 2014 IASP Research Symposium into one convenient volume providing state of the art information on the biopsychosocial factors involved in the development and course of chronic pain after whiplash Global experts in biomechanics anatomy psychology and clinical practice focus on ways to advance research understanding prevention and treatment with a collaborative point of view that benefits both pain researchers and clinicians who treat patients with whiplash **Mechanisms and Management of Pain for the Physical Therapist** Kathleen A. Sluka, 2016-02-02 Comprehensive in scope and invaluable for both practitioners and students Mechanisms and Management of Pain for the Physical Therapist 2nd Edition thoroughly covers the wide range of issues requiring the interdisciplinary management of pain Joined by more than 20 international contributors Dr Kathleen Sluka provides a practical evidence based framework for understanding the basics of pain mechanisms and management This highly regarded updated text covers the basics of pain neurobiology and reviews evidence on the mechanisms of action of physical therapy treatments as well as their clinical effectiveness in specific pain syndromes Petty's Musculoskeletal Examination and Assessment - E-Book Dionne Ryder, Kieran Barnard, 2023-04-20 Together with its companion volume Petty's

Principles of Musculoskeletal Treatment and Management this invaluable book provides a comprehensive overview of all aspects of musculoskeletal practice for undergraduate physiotherapy students This volume will help you competently examine and assess patients with a variety of issues Each region is covered in detail including muscles nerves and joints It offers an up to date person centred approach based on clinical reasoning and latest evidence with numerous learning aids case studies and illustrations to help you apply theory to practice Petty s Musculoskeletal Examination and Assessment is edited by leading experts Dionne Ryder and Kieran Barnard with contributions by highly regarding physiotherapists from across the country making this set a must have for all students of physiotherapy Petty s set follows the patient journey from assessment right through to treatment and management Each chapter is written by leading physiotherapists in their field Designed for students logically structured and easy to read Covers each region of the body in detail Updated evidence and research knowledge that underpins practice Focus on communication clinical reasoning and pain Drawings and photographs enhance understanding Reflective exercises to consolidate learning Ancillary resources now include an image bank and a question bank New chapter on the power of communication New case studies for each regional chapter to consolidate learning Addition of learning outcomes and reflective exercises throughout the text

Musculoskeletal Examination and Assessment E-Book Nicola J. Petty,Dionne Ryder,2017-06-29 Now in its fifth edition this core textbook continues to provide a comprehensive systematic guide to the examination assessment and clinical reasoning processes needed by clinicians when managing patients with musculoskeletal conditions Nicola Petty is joined by Dionne Ryder in editing this new edition which also sees an expanded number of specialist clinicians and academics contributing individual chapters Musculoskeletal Examination and Assessment provides an invaluable guide to the technical and clinical reasoning skills involved in the differential diagnosis of joint nerve and muscle tissues within a psychosocial model of health and illness Three initial chapters outline the subjective and physical examination as well as the clinical reasoning process Subsequent chapters provide details of the examination for each region of the body This edition is designed for physiotherapy and musculoskeletal therapy students as they get to grips with contemporary clinical practice Provides a logical clinically reasoned and evidence enhanced approach to patient examination and assessment Emphasizes a patient centred approach Presents key clinical concepts of leading therapists and researchers in the field of musculoskeletal therapy Many drawings and photographs visually demonstrate techniques while enhancing descriptions in the text Clinical examples bring to life the clinical reasoning process An emphasis on consideration of the patient s perspective Reliability validity sensitivity and specificity of the physical tests are highlighted Vascular considerations are included throughout the text References updated throughout

Physical Therapy Management of Patients with Spinal Pain Deborah Stetts,Gray Carpenter,2024-06-01 In this rapidly changing health care environment a challenge today s physical therapist faces is finding evaluating and implementing current best evidence into practice an integral part of health care professional educational programs With that goal in mind Physical Therapy

Management of Patients With Spinal Pain An Evidence Based Approach provides a comprehensive research based overview of the examination and physical therapy interventions of the spine Inside Physical Therapy Management of Patients With Spinal Pain Drs Deborah M Stetts and J Gray Carpenter evaluate the current evidence related to spinal pain and present it in a format that allows for an easy transition to the clinical environment By providing effective clinical interventions rather than relying on habits or tradition patients benefit from an increased likelihood of improved quality of life with the least potential of personal and financial risk Some features include Over 650 photographs images and tables Access to a supplemental video Website with new book purchase Best practice for evaluating and treating the lumbar spine thoracic spine and cervical spine Comprehensive coverage of the clinical presentation of spine related pathologies from evaluation to treatment Each chapter outlines the history physical examination physical therapy diagnosis evidence based management guidelines and case studies for each topic Case studies will challenge the reader s clinical reasoning skills with the use of current best evidence throughout the initial examination and subsequent treatment sessions Bonus Also included with Physical Therapy Management of Patients With Spinal Pain is access to a supplemental Website containing more than 375 video demonstrations corresponding to the tests and measures examination evaluation and intervention procedures covered within the text Physical Therapy Management of Patients With Spinal Pain An Evidence Based Approach is the go to reference text and accompanying Web site for the physical therapy students or clinicians who are reaching for best practice through providing the highest level of evidence informed care in the evaluation and management of patients with spinal pain

Rééducation posturale globale Philippe Souchart,2022-08-30 La méthode Rééducation Posturale Globale RPG est un concept labor et promu depuis plus de trente ans par Philippe Souchart Populaire depuis les années 1980 dans différents pays du monde elle est désormais connue partout et a atteint une maturité scientifique qui la place parmi les thérapies de réhabilitation les plus utilisées et les plus demandées par les professionnels et les patients Des postures de correction sont définies traitées en profondeur en remontant des conséquences la cause des pathologies ce qui différencie du travail analytique classique Le travail est réalisé par une réharmonisation sur les systèmes intégrés de coordination neurofibromusculaire ce qui lui donne son caractère global L'efficacité de cette méthode est largement soutenue par de nombreuses études dans la littérature internationale Ce livre traite illustré privilégie certains thèmes parmi les plus novateurs intégrant la fois une étude approfondie de la méthode son application pratique et ses orientations futures Le lecteur est ainsi guidé vers la compréhension des relations que le système moteur est capable d'établir pour sauvegarder et assurer la préservation des fonctions La lecture de cet ouvrage est une contribution précieuse tant pour les kinésithérapeutes diplômés la RPG qui peuvent approfondir leurs connaissances de la méthode ainsi que pour les kinésithérapeutes qui souhaitent aborder la RPG Le texte offre également aux praticiens qui s'intéressent ou pratiquent déjà les thérapies manuelles dont la RPG fait partie la possibilité d'enrichir leurs connaissances grâce à l'analyse détaillée des différents systèmes impliqués dans l'organisation du mouvement et de leurs

relations orient e vers une vision syst mique globale

Neck and Arm Pain Syndromes E-Book Cesar Fernandez de las

Penas,Joshua Cleland,Peter A. Huijbregts,2011-04-12 The first of its kind Neck and Arm Pain Syndromes is a comprehensive evidence and clinical based book covering research based diagnosis prognosis and management of neuromusculoskeletal pathologies and dysfunctions of the upper quadrant including joint muscle myofascial and neural tissue approaches It uniquely addresses the expanding role of the various health care professions which require increased knowledge and skills in screening for contra indications and recognizing the need for medical surgical referral Neck and Arm Pain Syndromes also stresses the integration of experiential knowledge and a pathophysiologic rationale with current best evidence the only one stop guide for examination and treatment of the upper quadrant supported by accurate scientific and clinical based data acknowledges the expanding direct access role of the various health professions both at the entry level and postgraduate level addresses concerns among clinicians that research is overemphasized at the expense of experiential knowledge and pathophysiologic rationale multiple contributed by expert clinicians and researchers with an international outlook covers diagnosis prognosis and conservative treatment of the most commonly seen pain syndromes in clinical practice over 800 illustrations demonstrating examination procedures and techniques

Clinical Orthopaedic Rehabilitation S. Brent

Brotzman,Robert C. Manske,2011-01-01 In Clinical Orthopaedic Rehabilitation An Evidence Based Approach Dr S Brent Brotzman and Robert C Manske help you apply the most effective evidence based protocols for maximizing return to function following common sports injuries and post surgical conditions A well respected comprehensive source for evaluating treating and rehabilitating orthopaedic patients the 3rd Edition guides you on the prevention of running injuries the latest perturbation techniques and the ACL rehabilitation procedures and functional tests you need to help get your patients back in the game or the office You ll also find a brand new spine rehabilitation section an extensively revised art program and online access to videos demonstrating rehabilitation procedures of common orthopaedic conditions at www.expertconsult.com Get expert guidance on everything you may see on a day to day basis in the rehabilitation of joint replacements and sports injuries Apply evidence based rehabilitation protocols to common sports conditions like ACL and meniscus injuries and post surgical rehabilitation for the knee hip and shoulder See how to perform perturbation techniques for ACL rehabilitation ACL functional tests and return to play criteria after reconstruction analysis of running gait to prevent and treat running injury and more with videos online at www.expertconsult.com Use the expert practices described in Tendinopathy and Hip Labral Injuries part of the expanded Special Topics section to help patients realize quicker recovery times Visualize physical examination and rehabilitation techniques with the extensively revised art program that presents 750 figures and illustrations The new edition of the well respected Brotzman has been updated to consistently include evidence based rehabilitation protocols as well as comprehensive coverage and videos at a great value

Makofsky's Spinal Manual

Therapy Mark Gugliotti,Howard W. Makofsky,2024-07-31 Makofsky s Spinal Manual Therapy An Introduction to Soft Tissue

Mobilization Spinal Manipulation Therapeutic and Home Exercises Third 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 third edition combines the art and science of present day spinal manual therapy The focus of Makofsky s Spinal Manual Therapy Third 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 Inside you ll find sections covering evaluation soft tissue techniques manipulative procedures specific exercises and clinical problem solving The hands on approach taken by Makofsky s Spinal Manual Therapy makes this new edition the go to textbook for spinal manual therapy 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 Makofsky s Spinal Manual Therapy This fully revised edition of Makofsky s Spinal Manual Therapy continues to mirror courses on the introduction to spinal manual therapy and will be key reading for physical therapy curriculums as well as appreciated by clinicians when entering clinical practice

Clinical Reasoning in Musculoskeletal Practice - E-Book Mark A Jones,Darren A Rivett,2018-10-22 Clinical reasoning is a key skill underpinning clinical expertise Clinical Reasoning in Musculoskeletal Practice is essential reading for the musculoskeletal practitioner to gain the contemporary knowledge and thinking capacity necessary to advance their reasoning skills Now in its 2nd edition it is the only all in one volume of up to date clinical reasoning knowledge with real world case examples illustrating expert clinical reasoning This new edition includes Comprehensively updated material and brand new chapters on pain science psychosocial factors and clinical prediction rules The latest clinical reasoning theory and practical strategies for learning and facilitating clinical reasoning skills Cutting edge pain research and relevant psychosocial clinical considerations made accessible for the musculoskeletal practitioner The role of clinical prediction rules in musculoskeletal clinical reasoning 25 all new real world clinical cases by internationally renowned expert clinicians allowing you to compare your reasoning to that of the best

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Whiplash Headache And Neck Pain Research Based Directions For Physical Therapies 1e Introduction

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