

THERAPEUTIC STRETCHING

JANE JOHNSON

HANDS-ON GUIDES
FOR THERAPISTS



An illustrated
guide of over
140 stretches

Therapeutic Stretching Hands On Guides For Therapists

Carl Hermann Bucholz



Therapeutic Stretching Hands On Guides For Therapists:

Therapeutic Stretching Jane Johnson, 2012 Covering all forms of stretches for able bodied injured and selected special populations this book is a comprehensive resource for both practitioners and students of massage therapy osteopathy physiotherapy occupational therapy rehabilitation and personal training *Therapeutic Stretching* Jane Johnson, 2012-04-13

Therapeutic Stretching focuses on the use of both active and passive stretching as part of the rehabilitation of common musculoskeletal conditions and injuries Covering all forms of stretches for the able bodied injured and selected special populations *Therapeutic Stretching* is a comprehensive resource for practitioners and students working in massage therapy osteopathy physical therapy occupational therapy rehabilitation and personal and athletic training With both active and passive stretches outlined for a range of musculoskeletal conditions and injuries *Therapeutic Stretching* offers a range of rehabilitative stretches for the foot and ankle knee and leg hip and thigh upper limb shoulder elbow wrist hand and fingers and back and neck Author Jane Johnson a practicing physiotherapist sport massage therapist and body work instructor provides information on incorporating passive stretching as a treatment option and selecting appropriate active stretches for clients to practice at home Heavily illustrated with more than 230 color photos *Therapeutic Stretching* provides excellent visual instruction on client positioning and the most effective handholds for the application of passive stretches to various joints and soft tissues A user friendly format clear explanations of stretching techniques and visual guidance from photos help students and practitioners readily incorporate these stretches into their practice *Therapeutic Stretching* outlines the rationale for stretching after musculoskeletal injury along with general safety guidelines and an overview of the musculoskeletal conditions addressed in the text Also included is a discussion of the differences between and applications of passive active and advanced forms of stretching such as muscle energy technique MET and soft tissue release STR Readers of *Therapeutic Stretching* will find a 10 step process for designing implementing and assessing a stretching program The text discusses applications of therapeutic stretching for three special populations elderly clients pregnant women and athletes For each a listing of common physiological factors or characteristics that might affect a stretching program is included along with tips on modifications to employ when working with these individuals Following this foundational information are three chapters with photos and descriptions of active and passive stretches for musculoskeletal injuries and conditions of the lower limbs upper limbs and trunk Here readers will find stretches useful for treating injuries and conditions such as sprained ankles shin splints runner s knee tight calves or hamstrings adhesive capsulitis lateral epicondylitis stiff wrists kyphosis low back pain stiff neck and whiplash Special Tip boxes throughout the text offer guidance on modifying the stretches and techniques to meet the needs of individual clients Tables detail the passive and active stretches covered in each chapter and indicate whether a stretch is contraindicated for a particular injury or condition Following most chapters are five Quick Questions that assist readers in gauging their understanding of the content In addition *Therapeutic Stretching* includes a

visual guide to stretching routines that could be performed in the prone supine and seated positions These suggested routines assist students and practitioners new to therapeutic stretching in learning to apply these stretches in an efficient manner and without excessive repositioning of the client Therapeutic Stretching offers a range of stretches to assist both current and future practitioners in safely treating clients rehabilitating from musculoskeletal conditions and injuries Delivering the most up to date stretching techniques this guide is a valuable resource for professionals in health care rehabilitation fitness and body work seeking tools to assist their clients in alleviating muscular pain reducing joint stiffness and speeding recovery from injury Therapeutic Stretching is part of the Hands On Guides for Therapists series providing tools of assessment and treatment that fall well within the realm of massage therapists but may be useful for other body workers such as osteopaths and fitness instructors The guides include full color instructional photographs Tips sections that provide advice on adjusting massage techniques Client Talk boxes that present ideas for creatively applying techniques for various types of clients and questions that test knowledge and skill *Postural Correction* Johnson, Jane, 2015-10-16 *Postural Correction* presents 30 of the most commonly occurring postural conditions in a comprehensive full color format and provides hands on therapists and body workers with the knowledge and resources to help clients address their malalignments *Soft Tissue and Trigger Point Release-2nd Edition* Johnson, Jane, 2019 *Soft Tissue and Trigger Point Release Second Edition* is a practical guide to understanding and applying soft tissue release STR including how it can be used to deactivate trigger points and maximize patient outcomes of treatment and rehabilitation *A Massage Therapist's Guide to Lower Back & Pelvic Pain E-Book* Leon Chaitow, Sandy Fritz, 2007-11-19 *A MASSAGE THERAPIST S GUIDE TO LOWER BACK AND PELVIC PAIN* describes in detail the background to the evolution of non specific backache as well as the assessment and treatment methods ideal for use in combination with massage therapy deriving from physical therapy osteopathic and chiropractic sources The book describes these methods individually and then integrates them into a detailed description of a massage session focusing on the person with backache This unique book takes care to consider the needs of the massage therapist who previously may have had to adapt his her own methodology from descriptions aimed at other health care professionals Includes access to website www.chaitowonline.com which contains videos demonstrating real life examples of the palpation and treatment methods Abundant illustrations enrich the text and bring content to life to make it easily understandable Bulleted point text and summaries allow the reader to quickly find information and review important content Easy reference format and accessible language help break down concepts Includes access to website www.chaitowonline.com which contains videos demonstrating real life examples of the palpation and treatment methods **A Massage Therapist's Guide to Treating Headaches and Neck Pain E-Book** Sandy Fritz, Leon Chaitow, 2009-04-20 The massage therapist s guide to treating headaches and neck pain is a practical guide for the massage therapist to assist them in identifying appropriate massage treatment for those experiencing headaches and neck pain The book describes the most

common headache types and causes for neck pain that can be effectively addressed with therapeutic massage and associated methods easily incorporated into massage Assessment procedures are provided both to identify appropriate treatment and to alert the massage therapist to more serious conditions that could be responsible for the symptoms and require a referral for further diagnosis and treatment Protocols for treatment using massage and other soft tissue methods are provided The text is written in a practical way that is user friendly Incorporates a DVD demonstrating the palpation and treatment methods Abundant illustrations and photos Easy reference easy language DVD demonstrating methods and technique such as massage of face and head massage of neck and treatment of breathing pattern disorders and headaches Written by two world renowned authors **A Massage Therapist's Guide to Lower Back & Pelvic Pain** Leon Chaitow, ND, DO (UK), Sandy Fritz, BS, MS, NCTMB, 2007-11-19 A MASSAGE THERAPIST'S GUIDE TO LOWER BACK AND PELVIC PAIN describes in detail the background to the evolution of non specific backache as well as the assessment and treatment methods ideal for use in combination with massage therapy deriving from physical therapy osteopathic and chiropractic sources The book describes these methods individually and then integrates them into a detailed description of a massage session focusing on the person with backache This unique book takes care to consider the needs of the massage therapist who previously may have had to adapt his/her own methodology from descriptions aimed at other health care professionals Abundant illustrations enrich the text and bring content to life to make it easily understandable Bulleted point text and summaries allow the reader to quickly find information and review important content Easy reference format and accessible language help break down concepts Accompanying website previously a DVD demonstrates real life examples of the palpation and treatment methods

Therapeutic Key Isaac D. Johnson, 1880 Clinical Mastery in the Treatment of Myofascial Pain Lucy Whyte Ferguson, Robert Gerwin, 2005 This concise and easily referenced clinical text brings together editors from a range of disciplines to address therapeutic approaches to common muscle and joint pain Organized by chief complaint each chapter follows a structured format that takes readers from overview and assessment through a case history to a planned program of rehabilitation generalization to similar conditions and a treatment protocol Midwest *Therapeutic agents and procedures* Alfred Martinet, 1928 *Therapeutic Exercise* Carolyn Kisner, Lynn Allen Colby, 1990 Focuses on all basic therapeutic exercises used for the treatment of musculoskeletal and cardiopulmonary disorders Coverage of isokinetics soft tissue injury repair surgical procedures exercise rehabilitation postoperative management and posture Expanded coverage of functionally related exercises including closed chain exercises plyometric and stabilization training Functional limitations disabilities as well as structural problems are identified for each diagnosis Guidelines and rationales for choosing and following appropriate exercise procedures Clinical skills presented in outline form with accompanying line drawings Each chapter begins with learning objectives and concludes with a chapter summary Copyright Libri GmbH All rights reserved **Muscle Stretching in Manual Therapy: The extremities** Olaf Evjenth, 1984 *Complete Guide to Pain Relief* Reader's Digest Association

(Canada),2000 Complete Guide to Pain Relief ,2000 Contains articles that describe common pain syndromes grouped in the categories of the head chest digestive organs reproductive and urinary organs skeleton and muscles skin systemic pain and emotional pain each with information on symptoms causes prevention and treatment *Postural Correction* Jane Johnson,2015-11-03 *Postural Correction* presents 30 of the most commonly occurring postural conditions in a comprehensive format providing hands on therapists and body workers the knowledge and resources to help clients address their malalignments Focusing on treatment rather than assessment it takes a direct approach and applies specific techniques to improve posture from an anatomical rather than aesthetic perspective Primarily concerned with the lengthening of shortened tissues to help realign body parts *Postural Correction* offers a collective approach to remedying malalignment Techniques vary for each posture correction including deep tissue massage simple passive stretches soft tissue release common trigger points and gentle limb traction Because weak or poorly functioning muscles may contribute to postural problems the text notes what muscles need to be strengthened and includes recommendations on techniques Suggestions also are made for those postures that are difficult to correct with hands on techniques such as scoliosis genu valgum knock knees and genu varum bow legs Recognizing that the work clients can carry out independently is a crucial component of long term postural correction this guide includes information on how clients can continue their therapy independently between or at the conclusion of their therapy sessions Therapists can take these techniques and recommendations to advise educate and guide clients in their efforts Much attention is paid to lifestyle activities and habitual use or resting of a body part that may have led to the initial pain and malalignment Structured by anatomical regions of the body to make accessing information quick and easy *Postural Correction* tackles postural concerns commonly affecting the spine pelvis upper limbs including the shoulder and elbow and lower limbs including the hip knee ankle and foot Examples from various sports and demographics such as the elderly offer contextual and applied value Descriptions avoid biomechanical jargon and instead focus on simple clear explanations Information is also included for when hands on techniques are limited in correcting a particular posture Special features make this book unique and useful Full color anatomical illustrations and photographs present a clear visual of what will help bring about postural change Consistency with the other titles in the *Hands On Guides for Therapists* series ensures that the manual therapies throughout this book are easily accessible An overview of each malalignment includes the muscles that are shortened or lengthened notes about each posture a bulleted list of ideas grouped according to whether these are carried out by the therapist or the client and rationale for the suggested corrective techniques Concluding comments summarize the information for access at a glance Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam **National Guide to Educational Credit for Training Programs 2004-2005** Jo Ann Robinson,Troy Polite,Nancy Musick,2004 For more than 25 years this guide has been the trusted source of information on

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Reviewing **Therapeutic Stretching Hands On Guides For Therapists**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Therapeutic Stretching Hands On Guides For Therapists**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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