Contents

Foreword vii
Acknowledgements ix
Introduction 2012 xi
Introduction 2002 (1st edition) xv

1. The malalignment syndrome: A synopsis 1
2. Common presentations and diagnostic techniques 7
3. The Malalignment Syndrome 125
4. The malalignment syndrome: Related pain phenomena and the implications for medicine 257
5. Clinical correlations in sports 329
6. Horses, saddles and riders 411
7. A comprehensive treatment approach 431
8. Treatment: Manual therapy modes 523
9. Conclusion 543

Appendices: 'The malalignment syndrome'–2nd Edition 547

1. Sacroiliac joint 'rotational malalignment' 547
2. Sacroiliac joint 'upslip' (right side) 548
3. Asymmetry of lower extremity ranges of motion 548
4. Asymmetry of lower extremity muscle strength 548
5. Clinical correlations specific to running 549
6. Clinical findings: Anatomical (true) long right leg 549
7. Combination of asymmetries (1st case presentation) 550
8. Combination of asymmetries (2nd case presentation) 550
9. 'The thoracolumbar syndrome' 551
10. Clinical correlations to non-specific sports 551
11. Clinical correlations to specific sports 552
12. Factors contributing to recurrence of injuries 552
13. Causes of recurrent malalignment 553

Glossary 555

References 563

Index 583