

Contents in Brief

Foreword	v
Preface	vii
Contributing Authors	xi
Reviewers	xiii
Proposal Reviewers	xv
Acknowledgments	xvii

PART I Perspectives and Principles in Orthopaedic Manual Physical Therapy 1

Chapter 1	Historical Perspectives in Orthopaedic Manual Physical Therapy 2 <i>Stanley V. Paris, PT, PhD, FAPTA, FNZSP (Hon), NZMTA (Hon), IFOMPT (Hon), FAAOMPT, MCSP</i>
Chapter 2	Principles of Preparation for Orthopaedic Manual Physical Therapy 16 <i>Christopher H. Wise, PT, DPT, OCS, FAAOMPT, MTC, ATC</i>
Chapter 3	Principles of Evidence-Based Practice Applied to Orthopaedic Manual Physical Therapy 38 <i>Paul F. Beattie, PT, PhD, OCS, FAPTA</i> <i>Philip McClure, PT, PhD, FAPTA</i>

PART II Philosophic Approaches to Orthopaedic Manual Physical Therapy 53

SECTION 1 Traditional Approaches 55

Chapter 4	The Principles and Practice of Osteopathic Manipulative Medicine 55 <i>Michael L. Kuchera, DO, FAAO</i>
-----------	---

Chapter 5	The Cyriax Approach 110 <i>Russell Woodman, PT, MS, DPT, FSOM, OCS, MCTA</i>
Chapter 6	The Nordic Approach 134 <i>Christopher H. Wise, PT, DPT, OCS, FAAOMPT, MTC, ATC</i>
Chapter 7	The Paris Approach 156 <i>Christopher H. Wise, PT, DPT, OCS, FAAOMPT, MTC, ATC</i>
Chapter 8	The Australian Approach 172 <i>Christopher H. Wise, PT, DPT, OCS, FAAOMPT, MTC, ATC</i>
Chapter 9	The McKenzie Method® of Mechanical Diagnosis and Therapy® 193 <i>Kay A.R. Scanlon, PT, DPT, OCS, Dip MDT</i> <i>Angela R. Tate, PT, PhD, Cert MDT</i> <i>Nancy Parker Neff, PT, DPT, Cert MDT</i>
Chapter 10	The Mulligan Concept 225 <i>Donald K. Reordan, PT, MS, OCS, MCTA</i> <i>Christopher H. Wise, PT, DPT, OCS, FAAOMPT, MTC, ATC</i>
Chapter 11	The Canadian Approach 248 <i>Jim Meadows, BSc., PT, FCAMPT</i>
Chapter 12	The Functional Mobilization Approach 278 <i>Gregory S. Johnson, PT, FFCFMT, FAAOMPT</i> <i>Vicky Saliba Johnson, PT, FFCFMT, FAAOMPT</i> <i>Rachel A. Miller, PT, MS, WCS, CFMT</i> <i>Leslie Davis Rudzinski, PT, OCS, CFMT</i> <i>Kristina M. Welsome, MSPT, DPT, OCS, CFMT, MTC</i>

SECTION 2 Soft Tissue Approaches 306**Chapter 13 Soft Tissue Mobilization in Orthopaedic Manual Physical Therapy 306**

Leslie Davis Rudzinski, PT, OCS, CFMT
Gregory S. Johnson, PT, FFCFMT,
FAAOMPT

Chapter 14 Myofascial Release in Orthopaedic Manual Physical Therapy 330

Jay B. Kain, PhD, PT, ATC, IMT,C

Chapter 15 Strain-Counterstrain in Orthopaedic Manual Physical Therapy 349

Sharon Giammatteo, PhD, PT, IMT,C

Chapter 16 Myofascial Trigger Point Approach in Orthopaedic Manual Physical Therapy 367

Jan Dommerbolt, PT, MPS, DPT, DAAPM
Johnson McEvoy, PT, BSc, MSc, DPT,
MISCP, MCSP

SECTION 3 Adjunctive and Alternative Approaches 387**Chapter 17 Therapeutic Exercise Strategies for Disorders of the Spine 387**

Christopher H. Wise, PT, DPT, OCS,
FAAOMPT, MTC, ATC
Ronald J. Schenk, PT, PhD, OCS,
FAAOMPT, Dip MDT

Chapter 18 The Role of High-Velocity Thrust Manipulation in Orthopaedic Manual Physical Therapy 420

Ben Hando, PT, DSc, OCS, FAAOMPT
Timothy Flynn, PT, PhD, OCS, FAAOMPT

Chapter 19 The Theory and Practice of Neural Dynamics and Mobilization 437

Stephen John Carp, PT, PhD, GCS

Chapter 20 The Feldenkrais Method of Somatic Education 466

Jim Stephens, PhD, PT, CFP

Chapter 21 The Theory and Practice of Therapeutic Yoga 481

Mary Lou Galantino, PT, PhD, MSCE
Heather Walkowich, DPT

PART III**Practice of Orthopaedic Manual Physical Therapy 499****SECTION 1 An Evidence-Based Approach to Orthopaedic Manual Physical Therapy of the Extremities 500****Chapter 22 Orthopaedic Manual Physical Therapy of the Shoulder Joint Complex 500**

Christopher H. Wise, PT, DPT, OCS,
FAAOMPT, MTC, ATC

Chapter 23 Orthopaedic Manual Physical Therapy of the Elbow and Forearm 547

Christopher H. Wise, PT, DPT, OCS,
FAAOMPT, MTC, ATC

Chapter 24 Orthopaedic Manual Physical Therapy of the Wrist and Hand 570

Christopher H. Wise, PT, DPT, OCS,
FAAOMPT, MTC, ATC

Chapter 25 Orthopaedic Manual Physical Therapy of the Hip 609

Christopher H. Wise, PT, DPT, OCS,
FAAOMPT, MTC, ATC

Chapter 26 Orthopaedic Manual Physical Therapy of the Knee 640

Christopher H. Wise, PT, DPT, OCS,
FAAOMPT, MTC, ATC

Chapter 27 Orthopaedic Manual Physical Therapy of the Ankle and Foot 680

Christopher H. Wise, PT, DPT, OCS,
FAAOMPT, MTC, ATC

SECTION 2 An Evidence-Based Approach to Orthopaedic Manual Physical Therapy of the Spine 718**Chapter 28 Orthopaedic Manual Physical Therapy of the Lumbopelvic Spine 720**

Christopher H. Wise, PT, DPT, OCS,
FAAOMPT, MTC, ATC