



Manual Mobilization of the Joints - Vol. 1: The Extremities, 8th Edition (Book & DVD)

Freddy Kaltenborn

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Presents basic extremity joint evaluation and mobilization techniques designed to fulfill the manual therapy requirement in physical therapy curriculum. The updated 8th edition of The Extremities features 190 color photographs and a companion DVD. Focuses on the underlying biomechanics and fundamentals of thrust and non-thrust manual joint treatment techniques for the extremities. The techniques have been carefully selected to be safe in the hands of beginning students. Advanced mobilization progressions outside the resting position include guidelines for how and when it is safe to move toward and into the limit of movement restriction. Photos illustrate basic and alternate grips and the use of wedges, fixation straps and mobilization straps. The Extremities DVD features over 150 short video clips (no audio) - the perfect accompaniment for visual learning outside of class.

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