

Positional Release Techniques

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positional release techniques continues to be the go to resource for those who want to easily learn and confidently use this manual approach to safely manage pain and dysfunction in humans and animals as well as a structural revision the fourth edition now includes new illustrations and chapters with videos and an image bank on a companion website to reinforce knowledge at its core the book explores the principles and modalities of the different forms of positional release techniques and their application which range from the original strain counterstrain method to various applications in physical therapy such as mckenzie's exercise protocols and kinesio taping methods that unload tissues these methods are traced from their historical roots up to their current practice with a showcase of emerging research and evidence in addition to a series of problem solving clinical descriptions supported by photos of assessment and treatment methods learning is further boosted by practical exercises which examine prt methodology and the mechanics of their use emphasises safety and usefulness in both acute and chronic settings comprehensive coverage of all methods of spontaneous release by positioning easy to follow and extensively illustrated balanced synopsis of concepts and clinical approach models throughout revised content structure new chapters including strain counterstrain research positional release and fascia balanced ligamentous tension techniques visceral positional release the counterstrain model redrawn and new artwork

this handbook isn't focused on massage techniques theory or anatomy instead it's designed to guide practitioners on the entrepreneurial and client experience aspects of massage therapy it covers how to become a successful professional in the field no matter the location by paying attention to the details that truly matter

this book is written for fitness professionals for the purpose of teaching you how to address common musculoskeletal imbalances through the use of corrective exercise the book explains concepts in an easy to follow manner using jargon free language the content is delivered as a step by step process containing real world examples and case studies so that the reader can understand and easily implement these strategies when working with actual clients

this new edition of a very successful book includes chapters written by experts in the methods of manual treatment and provides step by step instructions on how to examine patients using a logical sequence of passive contractile and special tests and how to relate findings to biomechanical problems and lesions included are hundreds of diagrams photographs illustrations and summary charts in this new edition chapters from the first edition have been thoroughly revised and updated and new material has been added on myofascial release somatics post facilitation stretch friction massage hypo and hyperpronation of the foot strain and counter strain and gait the extremities and the spine

the sixth edition of this classic text provides you with essential information on how to examine and treat patients with joint dysfunctions and muscle imbalances building upon dr bourdillon's highly respected techniques to alleviate loss of mobility and musculoskeletal pain the authors have expanded the clinical material to include new diagnostic pearls and treatment options you will learn from step by step instructions making it easier for you to apply the manipulative techniques in practice

a comprehensive textbook covering all methods of spontaneous release by positioning the background theory is explained and the techniques are described in detail the descriptions of the techniques are supplemented in the text by clear line drawings and diagrams and the new cd rom provides additional explanation through the use of video demonstrations with narrative by the author updated to reflect the most recent advances important to chiropractors osteopaths physical therapists and massage therapists

minimal access orthopaedic techniques reduce both trauma and recovery times allowing treatment of more patients in less time this manual provides trainees and others new to the techniques with guidance on how to deal with rarer conditions the options available and emergency situations

precast prestressed concrete panels have been used as subdecks in bridge construction in iowa and other states to investigate the performance of these types of composite slabs at locations adjacent to abutment and pier diaphragms in skewed bridges a research project which involved surveys of design agencies and precast producers field inspections of existing bridges analytical studies and experimental testing was conducted the survey results from the design agencies and panel producers showed that standardization of precast panel construction would be desirable that additional inspections at the precast plant and at the bridge site would be beneficial and that some form of economical study should be undertaken to determine actual cost savings associated with composite slab construction three bridges in hardin county iowa were inspected to observe general geometric relationships construction details and to note the visual condition of the bridges hairline cracks beneath several of the prestressing strands in many of the precast panels were observed and a slight discoloration of the concrete was seen beneath most of the strands also some rust staining was visible at isolated locations on several panels based on the findings of these inspections future inspections are recommended to monitor the condition of these and other bridges constructed with precast panel subdecks five full scale composite slab specimens were constructed in the structural engineering laboratory at iowa state university one specimen modeled bridge deck conditions which are not adjacent to abutment or pier diaphragms and the other four specimens represented the geometric conditions which occur for skewed diaphragms of 0 15 30 and 40 degrees the specimens were subjected to wheel loads of service and factored level magnitudes at many locations on the slab surface and to concentrated loads which produced failure of the composite slab the measured slab deflections and bending strains at both service and factored load levels compared reasonably well with the results predicted by simplified finite element analyses of the specimens to analytically evaluate the nominal strength for a composite slab specimen yield line and punching shear theories were applied yield line limit loads were computed using the crack patterns generated during an ultimate strength test in most cases these analyses indicated that the failure mode was not flexural since the punching shear limit loads in most instances were close to the failure loads and since the failure surfaces immediately adjacent to the wheel load footprint appeared to be a truncated prism shape the probable failure mode for all of the specimens was punching shear the development lengths for the prestressing strands in the rectangular and trapezoidal shaped panels was qualitatively investigated by monitoring strand slippage at the ends of selected prestressing strands the initial strand transfer length was established experimentally by monitoring concrete strains during strand detensioning and this length was verified analytically by a finite element analysis even though the computed strand embedment lengths in the panels were not sufficient to fully develop the ultimate strand stress sufficient slab strength existed composite behavior for the slab specimens was evaluated by monitoring slippage between a panel and the topping slab and by computation of the difference in the flexural strains between the top of the precast panel and the underside of the topping slab at various locations prior to the failure of a composite slab specimen a localized loss of composite behavior was detected the static load strength performance of the composite slab

specimens significantly exceeded the design load requirements even with skew angles of up to 40 degrees the nominal strength of the slabs did not appear to be affected when the ultimate strength test load was positioned on the portion of each slab containing the trapezoidal shaped panel at service and factored level loads the joint between precast panels did not appear to influence the load distribution along the length of the specimens based on the static load strength of the composite slab specimens the continued use of precast panels as subdecks in bridge deck construction is recommended

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