



Management of Common Musculoskeletal Disorders: Physical Therapy Principles and Methods (Management of Common Musculoskeletal Disorders (Hertling))

Darlene Hertling

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The fundamental textbook of orthopedic physical therapy is now in its thoroughly updated Fourth Edition. This new edition presents a "how-to" approach focusing on the foundations of manual therapy. More than 1,200 illustrations and photographs demonstrate therapeutic techniques. Extensive references cite key articles, emphasizing the latest research.

Reflecting current practice standards, this edition places greater emphasis on joint stabilization techniques and the role of exercise. Coverage includes new material on soft tissue manipulations and myofascial evaluation. This edition also features case studies covering real-life practice scenarios.

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