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5 based on 5 Reviews "I

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Physical Therapists at Manual Solutions have been helping runners of all ability levels for years. We are currently developing class to help runners to learn the basics of running and injury prevention.

~~Special Therapy |~~
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How is Manual

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**Solutions Physical
Therapy** different from
traditional clinics?

Many clinics use
manual techniques as
part of treatment but at
Manual Solutions it is
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Our therapists have
years of additional
training which helps
them to have a larger
skill set and more finely
tuned skills.

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~~Why Manual Solutions
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PNF is a manual resistance treatment technique used for mobilization, neural activation and strengthening. The therapist uses verbal and manual cues to help the body become aware of (proprioception) and

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facilitate the use of muscles. In essence the therapist activates muscles through specific resistance.

~~Physical Therapy
Treatment Techniques +
Manual Solutions~~

Manual therapy is just one of many forms of therapy a physical therapist can tap into in order to mobilize soft

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tissues and joints. This particular form of treatment assists with reducing inflammation, decreasing restriction, and increasing your range of motion.

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Types of manual therapy techniques utilized by Balance Solutions Therapists include: Soft Tissue Mobilization Soft tissue mobilization is a safe and effective way to loosen and prepare muscles and fascia for other treatments, and is effective used alone to increase circulation,

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decrease pain & muscle
spasm, and increase
flexibility.

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to patients back in 2010,
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at Advanced Physical
Therapy Solutions use
manual therapy as one
technique to improve
mobility and flexibility
and to reduce pain.
Frequently, manual
therapy will be
combined with exercise
programs or other
physical therapy
modalities to promote
healthy joint movement,
coordination and

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balance, and muscle strength.

~~Manual Therapy—
Advanced Physical
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Physical Solutions is a physical therapy service provider with an integrated approach, incorporating nutrition and medically-based fitness to get results.

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In a typical physical therapy session, you may do one or more of these exercises:

Strengthening exercises – Using machines, resistance bands, or your own body weight (squats, lunges, and push-ups). Low-impact aerobics training – This training will increase your heart rate, while

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also taking it easy on
your joints.

~~Physical Therapy |
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answers about working
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about the interview
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Master the techniques
and problem-solving
skills needed to manage
spinal and TMJ
disorders! Manual
Physical Therapy of the
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provides guidelines to
manipulation, manual
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treatment procedures of the spine and temporomandibular joint. Informed by evidence-based research, this text offers detailed instructions for reaching an accurate diagnosis and developing a plan of care. Written by well-known spinal manipulation expert Kenneth Olson, this

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resource provides the complete information you need to make sound decisions during clinical interventions.

Descriptions of manual therapy techniques include evidence-based coverage of the examination and treatment of spine and TMJ disorders, along with discussions of alternative treatment

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methods and potential
adverse effects and
contraindications to
manipulation.

Guidelines for
completing a
comprehensive spinal
examination include
medical screening, the
patient interview,
disability assessment,
and tests and measures,
along with an evaluation
of the examination

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findings and the principles involved in arriving at a diagnosis and plan of care.

Impairment-based manual physical therapy approach includes a review of the evidence to support its use to evaluate and treat spinal and TMJ conditions.

Case studies demonstrate the clinical reasoning used in

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Manual physical
therapy. Guide to
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Practice terminology is
incorporated throughout
the book, using accepted
terms familiar in
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settings. Expert author
Ken Olson is a highly
respected authority on
the subject of spinal
manipulation in physical
therapy. A clear,

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consistent format for explaining techniques makes this reference easy to use in the clinical setting. NEW! Coverage of emerging topics includes soft tissue assessment, mobilization, dry needling, myofascial pain and trigger points, thoracic outlet syndrome, cervicogenic dizziness, and

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differentiation of
headache types, plus
expanded coverage of
examination procedures
and psychologically
informed management
strategies for chronic
low back pain. NEW!
Full-color design and
photographs show
essential concepts and
procedures from
multiple angles,
illustrating hand and

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body placement and direction of force. UPDATED evidence-based research provides the latest thinking on manual therapy of the spine.

Physical Therapy
Management of Low
Back Pain: A Case-
Based Approach
provides a detailed
review of the theory and

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Manual of the most common approaches to treating low back pain using a case-based approach for a single patient. The important features of nine different common and major orthopedic physical therapy approaches are explained and practical application of each approach is demonstrated via the

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patient case. This controlled overview enables instructors and students to analyze, compare and contrast the options in physical therapy treatment.

This practical manual reviews salient topics in Adolescent Medicine. The volume is practitioner-centered, focusing on the

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symptoms that bring a teenager to the clinician. Every chapter begins with a very brief clinical vignette, highlighting the patient's chief complaint or primary issue of concern. The handbook is divided into five primary sections:

- (1) Well Adolescent Care to include chapters such as the Annual Physical and

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Immunizations in
Adolescence; (2)
Common Problems of
Adolescence such as
Acne and Low Back
Pain; (3) Reproductive
Health Care issues such
as Menstrual Disorders
and Teen
Pregnancy/Options
Counseling; (4) Urgent
Care matters including
Acute Chest Pain and
Scrotal Pathology: Pain

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and Masses; and finally,
(5) Special
Considerations to
include chapters such as
Cyberbullying and
Sexting and Tobacco
Use and Cessation
Counseling. Chapters
follow a uniform format
with vignette as
described above,
followed by multiple
choice questions
designed to test the

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readers knowledge.

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Salient features related to the chapter topic follow, including relevant clinical “pearls” such as history, physical exam, laboratory and diagnostic studies and treatment strategies. For each chapter, issues that are unique to managing illness in adolescents are highlighted to

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distinguish them from adults and younger children. When applicable, a broad differential diagnosis is provided to help guide the reader. Easy to read tables are included to highlight and clearly summarize key aspects of the topic and the chapters end with answers to the Board-Style questions

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presented at the start.

Contents: Well
Adolescent Care: The
Annual Physical
(Krishna White and Rita
Hagler) Adolescent
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B Hawkins) Normal
Nutrition through
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Barnett) Immunizations
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(Lawrence J

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(Daniel E Korin) Taking
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(LGBTQ) Teens
(William M Barnes and
David S Reitman) The
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Physical (Nailah
Coleman) Sports
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Goldenberg and
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(Karen

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Exercise Induced
Bronchospasm (EIB)
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Dysfunction (VCD)
(Anthony P Acquavella)
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Encopresis (Promise
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Tourette Syndrome

(Jonathan

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Deficit Hyperactivity

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(Barbara K

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Wilson)Depression
(Michele D
Wilson)Reproductive
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Pathology: Masses and
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L Weiss)Dysmenorrhea,
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family practitioners or
pediatricians. Key
Features: Information is
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volume provides a wide array of responsible web resources for the clinician to access

Keywords: Adolescent Medicine; Common Complaints; Screening; Assessments; Treatment Strategies; Practical Manual; Rapid Access Information; Multiple-Choice Board Style Questions

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practitioners of manual
and physical therapy
who work with
movement rehabilitation

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after musculoskeletal injury and pain conditions, sports rehabilitation, surgery and central nervous system damage. The book is a synthesis of over half a century of research and can be described as 'neuromuscular rehabilitation made easy'. It explores movement control and

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how it is affected by injury, pain and central damage. It provides practical solutions and comprehensive demonstrations (DVD) of movement rehabilitation for the upper and lower limbs and the trunk/spine. 1. Introduction 2. Motor control 3. Motor abilities 4. Sensory abilities 5. Motor

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adaptation 6. Plasticity
in the motor system 7.
Motor reorganisation in
musculoskeletal injury
8. Cognitive and
behavioural
considerations in
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rehabilitation 9.
Managing non-traumatic
pain conditions 10.
Neuromuscular
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managing individuals

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with CNS damage 11.

Developing a
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13. Optimising
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14. Neuromuscular
rehabilitation: summary

The manual provides
step-by-step solutions to
selected text exercises

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along with summaries of the key concepts needed to solve the problems.

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Multiple techniques for each joint restriction is a unique feature of this book that provides students with a comprehensive and well-rounded approach to mobilization. The consistent format in the presentation of techniques makes for an easy-to-use resource for students and practicing physical therapists.

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Additionally, the majority of manual therapy books on the market focus on the spine, whereas this book focuses on the upper and lower extremities.

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