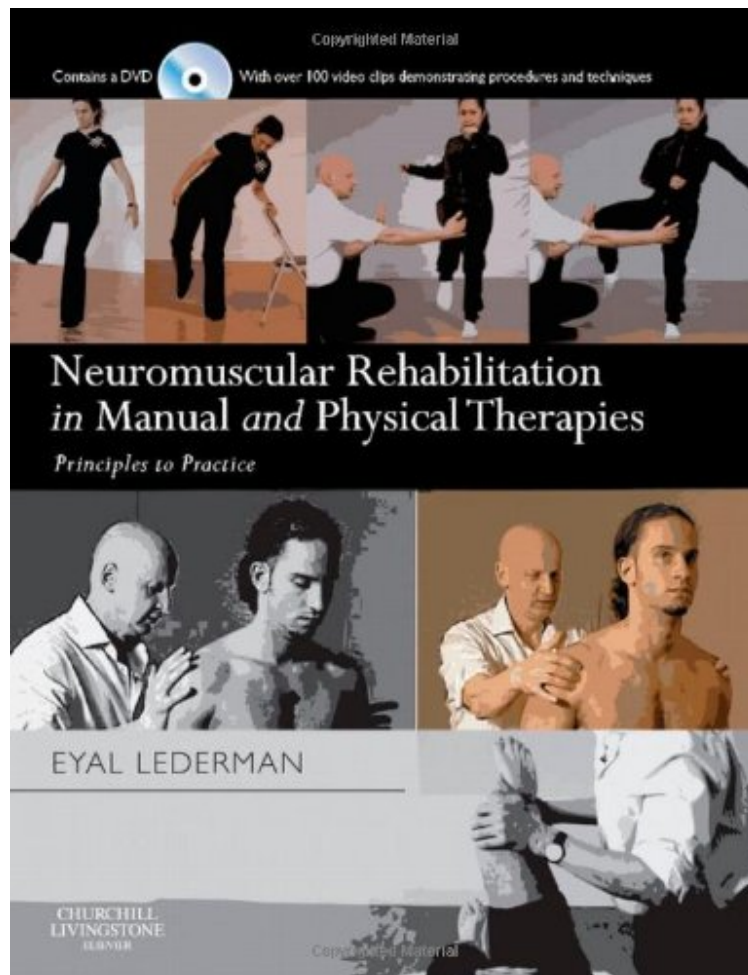


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# Neuromuscular Rehabilitation in Manual and Physical Therapies: Principles to Practice, 1e

Eyal Lederman DO PhD

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Neuromuscular Rehabilitation in Manual and Physical Therapy explores the vast and complex discipline of

neuromuscular rehabilitation and simplifies it for clinical use. It is a practical source book for practitioners of manual and physical therapy who work with movement rehabilitation 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 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. Key features: Provides new ideas, principles and approaches for neuromuscular rehabilitation informed by research and clinical practice Outlines the rehabilitation of movement control after sports injuries and surgery and in other painful conditions A practical book for clinicians, suitable for physical therapists, osteopaths, chiropractors, sport therapists and orthopaedic surgeons Provides immediate solutions to complex clinical management. Includes a one hour DVD with over 100 procedures/techniques demonstrating motor control challenges to the trunk, neck, upper and lower limbs

1. Introduction
2. Motor control
3. Motor abilities
4. Sensory abilities
5. Motor adaptation
6. Plasticity in the motor system
7. Motor reorganisation in musculoskeletal injury
8. Cognitive and behavioural considerations in neuromuscular rehabilitation
9. Managing non-traumatic pain conditions
10. Neuromuscular considerations in managing individuals with CNS damage
11. Developing a rehabilitation programme
12. Motor abilities, assessment to challenge: re-abilitation
13. Optimising proprioceptive recovery
14. Neuromuscular rehabilitation: summary

About the Author Dr Eyal Lederman is Director, Centre for Professional Development in Manual Therapy, London, UK and a practicing osteopath. Eyal completed his PhD in physiotherapy at King's College London where he researched the neurophysiology of manual therapy. He is actively involved in manual therapy research at UCL, exploring the clinical use of functional stretching. Eyal regularly teaches manual therapy techniques and the physiological basis of manual therapy in different schools across the UK and abroad. He has published many articles in the area and is the author of Harmonic Technique, The Science and Practice of Manual Therapy, Neuromuscular Rehabilitation in Manual and Physical Therapies and Therapeutic Stretching: Towards a Functional Approach.