



Applied Kinesiology: Clinical Techniques for Lower Body Dysfunctions

Scott Cuthbert

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The comprehensive "one-stop" textbook on lower body pain and dysfunction. This book demonstrates how to find the reason(s) why spinal dysfunctions - even though adequately corrected - continue to return.

Comprehensively discusses the theory and practice of the manual evaluation and treatment of chronic pain, especially with regards to the soft tissues of the lower body. A detailed, illustrated, evidence-based discussion of the relationship of muscle weakness to lower body pain and dysfunction. Describes the normal anatomy and physiology as well as the most common disorders. Presents indications for treatments and guidance on making the best treatment choices for each patient. Valuable clinical assessment protocols covering aspects of case history, physical examination supported by AK body language, imaging, and diagnostic methods incorporating the AK triad of health philosophy. A comparative review of clinical findings from objective and subjective examinations for specific foot, ankle, knee, leg, pelvic and lumbar dysfunctions. Powerful updating of the AK and C.A.M. approaches to Systemic Conditions of the lower body. AK research and its application to evidence-based approaches to lower body problems, and several hundred new illustrations. The text integrates standard orthopedic examination and treatment procedures with AK and thoroughly covers the lower extremity. Locating and correcting peripheral nerve entrapment is one of the most often misdiagnosed and mistreated conditions. Over 100 pages covering peripheral nerve entrapment syndromes makes this the largest contribution to this subject in the field.

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