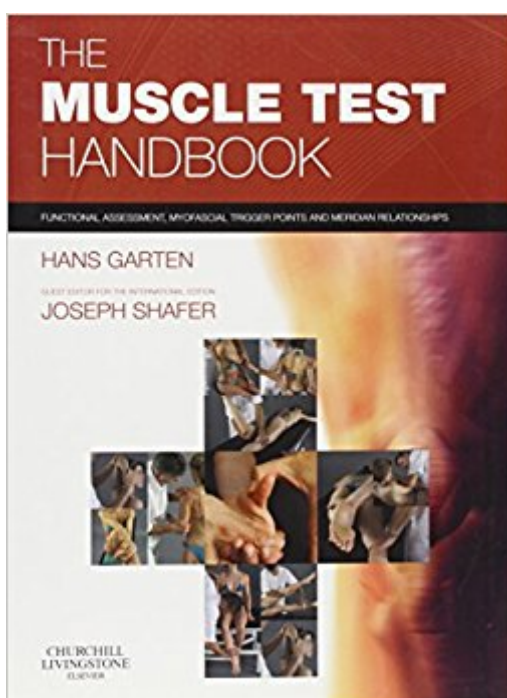


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# The Muscle Test Handbook: Functional Assessment, Myofascial Trigger Points And Meridian Relationships, 1e



## **Synopsis**

Especially prepared for the international audience, the English language edition of this highly successful handbook describes Professional Applied Kinesiology muscle testing procedures. A departure from the classic understanding of muscle testing for weakness and rehabilitation, these procedures can be used for detecting more subtle, functional abnormalities. Included within the chapters are stretch tests and post-isometric relaxation procedures for the hypertonic, shortened muscle. Muscle anatomy and physiology are briefly recapped in order to enhance reader comprehension. The Muscle Testing Handbook describes testing procedures for almost 100 individual muscles in a unique, quick reference, template approach. In close collaboration with Dr. Garten, the German edition has been adapted for the English-language audience by Dr. Shafer, an American chiropractic colleague. This book is ideal for use by manual therapists, physiotherapists, osteopaths, chiropractors, sports scientists and neurology department staff worldwide. Clearly describes modern muscle test procedures The individual aspects of each muscle are easily compared by the use of well-illustrated templated descriptions A double-page spread design allows the reader a rapid, at-a-glance access to essential information Muscle anatomy and function are succinctly recapped in order to facilitate a complete understanding of the relevance and applicability of the individual test Classic Applied Kinesiology muscle tests for detecting functional abnormalities are well described along with stretch testing and post-isometric relaxation procedures for hypertonic, shortened muscles The importance of postural analysis for the assessment of specific muscle dysfunction is discussed and plainly described Illustrates painful spondylogenic reflex points (areas) for each muscle The role of distal acupuncture points and tendinomuscular meridians in maintaining normal muscle and muscle chain function are noted in accompanying diagrams The most commonly found trigger points, their referred pain patterns and relationship to nearby acupuncture points are clearly illustrated for each muscle Perfect for use in orthopaedics, neurology, general medicine, physiotherapy, chiropractic and osteopathy

## **Book Information**

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## Customer Reviews

Hans Garten MD is the founder of an interdisciplinary practice for complementary and orthopaedic medicine in Munich, Germany. His main focus is on myofascial and musculoskeletal system disorders, with special emphasis on metabolic influences on the latter. Dr. Garten is a certified anaesthesiologist and holds a Medical Board Certificate of Chirotherapy, Acupuncture and Natural Healthcare. He holds diplomas from the International Board of Applied Kinesiology (DIBAK), the American Chiropractic Neurology Board (DACNB), the German-American Osteopathic Association (DAAO) and is a Fellow of the American College of Functional Neurology (FACFN). Dr. Garten is the founder of the German Medical Association of Applied Kinesiology (DÄ„GAK) and has been in charge of the educational office of the German Medical Association of Acupuncture (DÄ„GfA). He has lectured on Applied Kinesiology and Functional Neurology in Europe, South America and the United States. He has published three standard textbooks on Applied Kinesiology, all published by Elsevier, and a textbook on acupuncture, as well as over 30 original papers on these subjects and nine chapters in additional textbooks. Dr Garten's current major project, a textbook on manual medicine and Applied Kinesiology, is about to be completed, which will also be published by Elsevier.

well written and organized. very good pictures and explanations

Great for anyone who is looking to learn or advance their knowledge and skills in Applied Kinesiology will love this book! Drs. Garten and Schafer are two amazing practitioners and I encourage everyone to learn as much as they can from them!

Handbook is very useful for muscle testing and meridians. I use this book in conjunction with my kinesiology text...

love it easy to follow!

Good work from Dr. Hans Garden and his translator Jose Shafer. It's a good start for practitioners who want to learn manual muscle testing. It's a very good translation of the German version from Dr. Hans Garden. Congratulations!

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