



# Clinical Application of Neuromuscular Techniques, Volume 2: The Lower Body

*Leon Chaitow, Judith DeLany*

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Clinical Application of Neuromuscular Techniques, Volume 2 - The Lower Body discusses the theory and practice of the manual treatment of chronic pain, especially with regards to the soft tissues of the lower body. Authored by experts of international renown, this highly successful book provides a structural review of each region, including ligaments and functional anatomy, and includes step-by-step protocols that address each muscle of a region. The volume now comes with an EVOLVE site for instructors who can download the full text and images for teaching purposes.

- Provides a comprehensive 'one-stop' volume on the treatment of somatic pain and dysfunction
  - Designed and written to meet the needs of those working with neuromuscular dysfunction in a variety of professions
  - All muscles covered from the perspective of assessment and treatment of myofascial pain
  - Describes normal anatomy and physiology as well as the associated dysfunction
  - Gives indications for treatments and guidance on making the appropriate treatment choice for each patient
  - Combines NMT, MET, PR and much more to give a variety of treatment options for each case
  - Describes the different NMT techniques in relation to the joint anatomy involved
  - Practical step-by-step descriptions provided to make usage easy
  - Includes acupuncture, hydrotherapies and nutritional support as well as guidance for the patient in the use of self-help approaches
  - Contains up-to-date evidence based content
- Presents the latest research findings underpinning the practice of NMT methodology from differing areas of practice
  - Presents the increasingly refined ways of using the variety of MET methods to allow the reader to safely apply them in a variety of settings

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