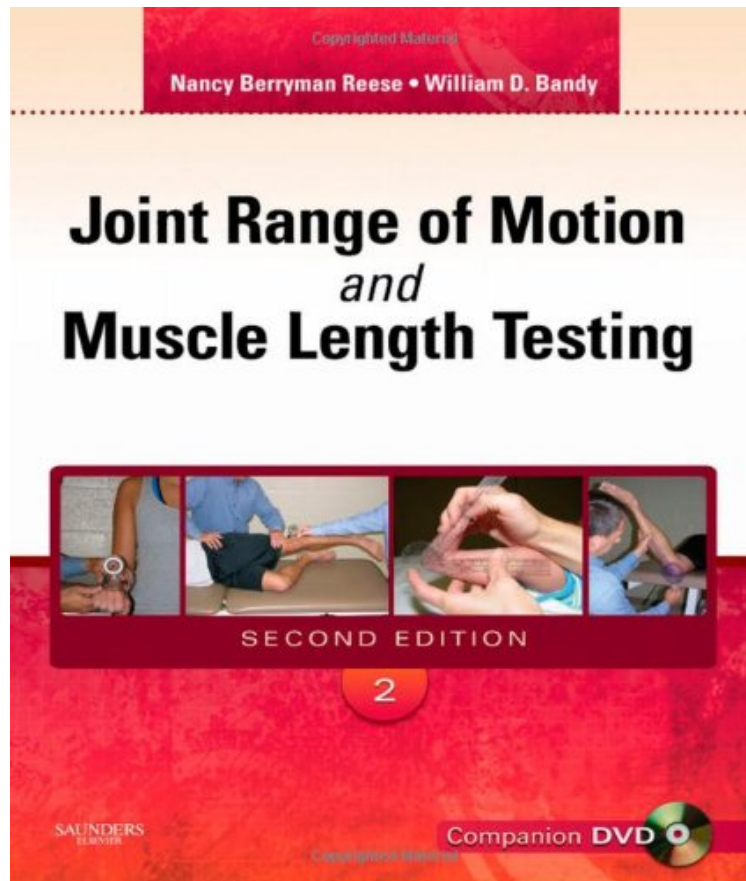


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Joint Range of Motion and Muscle Length Testing, 2e

William D. Bandy PhD PT SCS ATC, Nancy Berryman Reese PhD PT
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William D. Bandy PhD PT SCS ATC, Nancy Berryman Reese PhD PT : Joint Range of Motion and Muscle Length Testing, 2e before purchasing it in order to gauge whether or not it would be worth my time, and all praised Joint Range of Motion and Muscle Length Testing, 2e:

5 of 5 people found the following review helpful. Excellent book for trainers that care to know joints better! By Tony Babarino As a personal trainer, I'm always on the look out for more information. In this business, like many others, one should never stop learning and looking for more to learn. I've also been a joint-mobility expert for 10 years, and THIS book is an excellent resource to understand joints and movement further (especially when exercise to obsessed with muscle and NOT joints). I know I am NOT a doctor or physical therapist, BUT it does make sense that personal trainers must take time to learn more about joints than muscles. Yes, know your muscles and how they work as a group, but the joint have much more to them as they tend to be the victim of the abuse from muscles (be it good or bad movement). That being said, the book is one of the better books out there in my opinion as an educated personal trainer. Other trainers who are in it for money, women, ego, or like just tell people what to do will not buy this book. On the other hand, those who care and figure out they must be aggressive with education (and not just college, but independent study as well) would benefit from this book. How much? Depends on a) if you take the time to read,

remember, and understand the material in the book, b) practice while learning, c) make sure you offer joint range of motion measurements in a NON-medicinal sense (use as a measureable index and NOT as a medical or diagnostic tool) and make that clear to clients. PS: Don't forget to purchase a quality Goniometer (search the internet). Book notes: Pictures are black and white with red line accents and some red for muscles in drawings. People who are NOT doctors or therapists (ie, Personal Trainers) would be a little or a lot lost with some or all of the numerical data and references and literature referrals. I suggest you read EVERY WORD and be cautious in what you do and when you use the measurements. The teaching pictures are reasonable, but I wish they were in color, larger, and the text was more friendly. 3 of 3 people found the following review helpful. good beginner book for goniometry. By Customer I am a student in a physical therapy doctoral program and this was one of the required books for the class. This book has been fairly useful in studying goniometry. The pictures are good and the descriptions of patient/therapist positioning is very clear. The only thing that I would add to it would be a quick reference spreadsheet for goniometer placement so one does not have to flip back and forth through the book if you are looking for a single reference point for a joint motion. 0 of 0 people found the following review helpful. Five Stars By Lindsie This is a good book for physical therapy students and provides very good information.

Learn the best ways to accurately measure range of motion and muscle length with this thoroughly updated new edition. Logically organized and easy to follow, this practical text provides accurate and up-to-date information on norms for range of motion in all age groups, as well as the reliability and validity of each technique. The techniques detail measurement of both joint range of motion and muscle length testing of the spine and extremities using the goniometer, the inclinometer, and the tape measure. An effective combination of instructions, illustrations, and layout for each technique allows you to easily understand and follow the information provided. In addition, a new DVD demonstrates each measurement technique contained in the book! Each chapter uses the same format for each technique, allowing you to quickly and easily identify the information you need. Hundreds of photos and illustrations clearly depict the various techniques and landmarks. Evidence-based information throughout includes the latest data on ROM normative values and reliability / validity studies. Figures have easy-to-find dots that serve as anatomical markers, providing a fast visual reference for exactly where to place the measuring device. Complete coverage of the tape measure, goniometer, and inclinometer prepare you to use any tool in the clinical setting. The companion DVD contains video clips demonstrating over 100 measurement techniques. A new chapter on infants and children covers specific techniques used in measuring range of motion in children, with a particular emphasis on the measurement of joint motion in infants. 70 new line drawings help you align the goniometer or other tools accurately. Increased coverage of techniques for measuring the motions of the extremities using the inclinometer. Reorganized and updated information in each chapter incorporates the latest references and testing techniques, and includes descriptions of the arthrokinematics and functional range-of-motion requirements for each joint.

"This book provides a wealth of information regarding the theory and practice of evaluating joint motion and muscle length. Because of this text's comprehensiveness and its easy to read format, it would be a useful resource for students, novice and experienced clinicians, particularly physiotherapists, occupational therapists and medical practitioners." Joint Range of Motion and Muscle Length Testing January 2010 "[The book] if read through and through for the area of the body of interest, will give an informed and well-documented overview of the procedures for measuring that part of the anatomy, and the reliability and validity of those measures." PMG, 2010 Vol. 27:1 "One of the most comprehensive range of motion and muscle length texts on the market... a great reference text for a busy orthopedic practice." Physical Therapy s, March 2011