



# **Spinal Manual Therapy: An Introduction to Soft Tissue Mobilization, Spinal Manipulation, Therapeutic and Home Exercises**

*Howard W. Makofsky PT DHS Sc OCS*

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*Spinal Manual Therapy: An Introduction to Soft Tissue Mobilization, Spinal Manipulation, Therapeutic and Home Exercises, Second Edition* is an easy-to-follow manual of clinical techniques for the spine, pelvis, and temporomandibular joint. The text provides “tools” rather than “recipes” and immerses the reader in the process of “thinking as a manual therapist,” rather than functioning as a technician. The clinical utility of this revised second edition combines the art and science of present day spinal manual therapy.

The focus of *Spinal Manual Therapy, Second Edition* is to provide clinically useful treatment techniques, while being mindful of the scientific literature related to the practice of spinal manual therapy. It is an ideal resource for all those interested in grasping the basics of spinal manual therapy and transferring that knowledge into practice within a clinical environment.

The hands-on approach taken by Dr. Howard W. Makofsky makes this new edition the go-to textbook for spinal manual therapy.

New to the Second Edition:

- New pictures of examination and treatment techniques with captions
- Additional case studies
- New evidence supporting spinal manual therapy
- Updated references throughout the text

This unique textbook has a plethora of clinical techniques, including the rationale for each of their use. With over 300 figures, illustrations, and photographs for each examination/treatment technique for various regions of the body, students and clinicians learning manual therapy will benefit greatly from *Spinal Manual Therapy, Second Edition*.

Inside you'll find:

- Evaluation
- Soft tissue techniques
- Manipulative procedures
- Specific exercises
- Clinical problem solving

*Spinal Manual Therapy, Second Edition* mirrors a course on the introduction to spinal manual therapy and will be welcomed into physical therapy curriculums, as well as appreciated by clinicians when entering clinical practice.

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