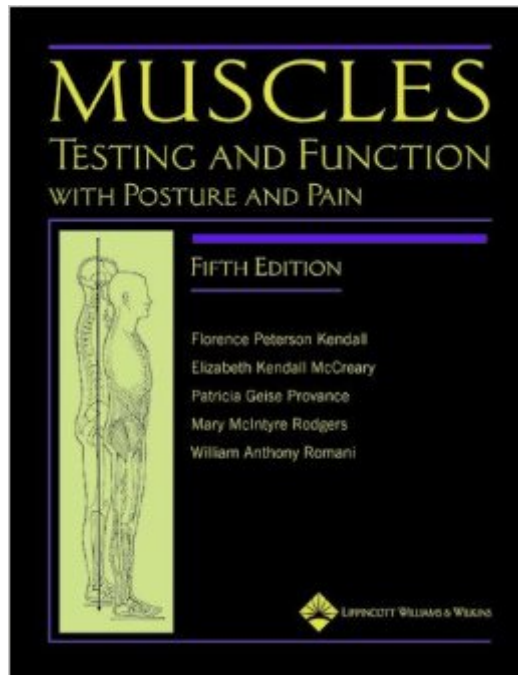


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# Muscles: Testing And Function, With Posture And Pain (Kendall, Muscles)



## Synopsis

This renowned classic provides unparalleled coverage of manual muscle testing, plus evaluation and treatment of faulty and painful postural conditions. The thoroughly updated Fifth Edition is completely reorganized and has new, expanded treatment and exercise sections in each chapter. Other features include a new section on post-polio syndrome, additional case studies comparing Guillain-Barré to polio muscle tests, a new full-color design, and a first-of-its-kind chart of upper extremity articulations.

## Book Information

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## Customer Reviews

Now in its 5th edition, this book has become "the" muscle testing book to have. Who's it for? Anyone who has a need to be able to MANUAL muscle test any of the body's muscles. This would include such professionals as doctors, nurses, physical therapists, athletic trainers, personal trainers, etc. How does the book work? Well, you look up the particular muscle you want to test, look at the picture of the test position, and then simply apply manual pressure to the limb in the instructed direction. If it sounds easy, it is the way this book shows you- included are dozens and dozens of GREAT pictures that show you precisely what to do. So, if you have a need to regularly test muscles, I highly recommend you get this book- it's a little bit more expensive than some of the other muscle testing books, but it's the best I've come across so far- in fact it sits right on my desk for reference. Health professionals might also be interested in *The Sixty-Second Motivator* to help

get clients motivated to do their home exercise programs consistently.

In the fields of fitness, physical therapy, sports, orthopedics or anatomy and biomechanical interest, this book is a classic that should prove invaluable to you. It can help professionals or laypeople discover muscular imbalances, injuries and causes of pain in their bodies or the bodies of others. It is clearly and well presented, very well-researched and accepted in the medical field. My main profession is fitness and health trainer and this book is a tremendous contribution to my practice.

Being an athletic training student, this is by far the most useful book I have bought. It has the muscle testing in simple terms with pictures. I recommend it for anybody going to be an athletic trainer.

In this latest edition of the classic Physical Therapy textbook, the organization of the information has been overhauled and it contains less chapters. I never read the previous editions, but the author claims it is better organized. I found it to be well-organized indeed. The photos are great, including the classic black/white pictures demonstrating the different tests. The anatomy drawings are very good with excellent detailed descriptions of functional anatomy. The Primal Pictures CD-ROM included with the book is awesome. You can rotate anatomy diagrams 360 degrees while adding and removing anatomical structures such as ligaments, stabilizer and postural muscles, prime movers, veins, arteries, nerves, etc. It's a fantastic tool! I'm currently using some images for a couple of articles I'm writing on corrective stretching and strengthening. It is most certainly a must read for fitness and therapy pros.

I have now ordered this book twice that is listed as the UPDATED AND REVISED 5TH EDITION and have received the old Edition with an Anatomy CD that works on Windows 2000 or XP computers and not Vista/Windows 7. Beware, I do not know why the vendors are sending out the old edition even though they have it listed as the UPDATED AND REVISED EDITION. I would not have been so aware I had the Unrevised/Unupdated Edition until I tried to run the Anatomy DVD in my computer. Sounds like a very good book if I could get the correct one. BEWARE.

I'm a undergraduate physiotherapist, and a certified personal trainer currently working as a personal trainer in India. This book was introduced to me by my guru and ever since my perspective towards muscles changed for ever. This is a classic book which alone is enough for a person be it a physio, athletic trainer, doctor, massage therapist, or personal trainer. The book is in such simple

language and with good understandable pictures sure will be helpful for a rookie and also the a excellent text for reference i highly recommended this book

As a certified personal trainer and pilates instructor, I work primarily with individuals who are challenged with back pain and various joint problems. This book provides a clear and concise protocol and information for working with individuals with muscle imbalances. You definitely need a strong background in this area to understand and use the material appropriately. The DVD is also an excellent companion to the book.

Recommended by my group of physical therapists as an essential to their libraries, I find it equally valuable for the aging fellow experiencing the aches and pains that accompany life past 60. This is not a book for the faint of pocket book as it is a text book and commands the inflated price. If you don't have frequent need for a muscle reference, I wouldn't spend the money, but if you like a complete story related to aches and pains of particular muscles, this is a nice book to own. I suspect that like airplanes, summer cabins, and box seats to the Yankees games, it is something you'd like your best friend to own.

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