

"The Science and Practice of Manual Therapy"

by Eyal Lederman DO

2nd Ed (2005) £35.50 + £3.50 p&p from www.cpdo.net, with
three forewords, the introductory chapter and

In his foreword, Gregory Cramer says, "Clear writing, excellent organization and the effective use of line drawings, flow charts, boxes, tables and graphs have allowed Professor Lederman to succeed in producing an outstanding text covering the basic science and clinical application of all forms of manual therapy." The diagrams complement and actually explain the text.

"Professor Lederman describes himself as a centralist, stressing therapies that actively involve the patient's cognition and motor involvement, as opposed to a peripheralist, a clinician who stresses therapies directed at peripheral joints; therefore the emphasis of the book is on active therapies and related tissues."

Using the latest testing and research, many of those sacred cows so beloved of the GOsC are demolished: passive techniques are ineffective in facilitating neuromuscular change; techniques that rely on proprioceptive reflexes will have little effect on the motor system and on visceral activity; the high-velocity thrust is often harmful. Professor Lederman shows that spinal facilitation, which we all have doubted for years from clinical observation, does not work. As he says, "Motor activity is so

can see is getting better. This is a practical guide into the three physiological, The first section and repair introduce each this process suitable. The therapies can system. In psychologic processes in a proportionate musculoskeletal mechanical changes emotional state this emotional sections are 1 the book into of clinical application. The patient always more "We do not like ourselves patient's knee there is a problem I am also to than just a manual. Although written useful book

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