



Evidence-Based Manual Medicine: A Problem-Oriented Approach

By Michael A. Seffinger, Raymond J. Hruby

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- Effectively diagnose and treat a wide range of musculoskeletal problems using direct and indirect myofascial release, isometric muscle energy, and indirect articular techniques.
- Teach your patients rehabilitative and preventive exercises as well as ergonomic guidelines to facilitate recovery.
- Confidently determine whether manipulative treatments are indicated using visual and palpation tests.
- Choose the best procedure for each patient with the help of detailed coverage describing each technique's effects and desired outcomes.
- Review clinical trials that document the effectiveness of manual techniques.
- Master techniques confidently with assistance from two authorities whom the AAFP invited to educate its members about manual approaches.
- Know exactly when and how to perform manual medicine techniques using step-by-step visual guidance from more than 700 photographs and drawings plus 62 video clips on the bonus DVD-ROM.

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