

Table of Contents

Part 1: Fundamental Principles

1. Tissue Response
2. Exercise Treatment for the Rehabilitation Patient: Cardiopulmonary and Peripheral Responses
3. Theory and Practice of Muscle Strengthening in the Orthopedic Patient
4. Rehabilitation and Strength Training Concepts – **NEW!**
5. Screening for Referral – **NEW!**

Part 2: Upper Quarter

6. Upper Quarter Evaluation: Structural Relationships and Interdependence
7. Influence of Cervical Spine on the Stomatognathic System
8. Dysfunction, Evaluation and Treatment of the Cervical Spine
9. Differential Assessment and Mobilization of the Cervical and the Upper Thoracic Spine
10. Arthroscopic Surgery and Rehabilitation of the Shoulder
11. Surgery and Rehabilitation of the Elbow – **NEW FOCUS!**
12. Dysfunction Evaluation and Treatment of the Wrist and Hand
13. Reconstructive Surgery and Rehabilitation of the Wrist and Hand
14. Mobilization of the Upper Extremity
15. Defining the Core in Rehabilitation: Evaluation and Basic Exercises – **NEW!**

Part 3: Lower Quarter

16. Neuromuscular Rehabilitation—Advance Exercises – **NEW!**
17. Dysfunction, Evaluation and Stabilization Exercises in the Treatment of the Lumbar Spine
18. New Advances in Lumbar Spine Surgery and Rehabilitation – **NEW FOCUS!**
19. Lumbar Spine/ Hip/ Sacral Iliac Joint—Differential Soft Tissue Diagnosis and Treatment – **NEW FOCUS!**
20. Surgical Treatment and Rehabilitation of the Hip Complex
21. Dysfunction, Evaluation and Treatment of the Knee
22. Surgery of the Knee and Rehabilitation Principles
23. Normal and Abnormal Mechanics of the Foot and Ankle – **NEW FOCUS!**
24. Overview of Foot Orthotics and Prescription
25. New Advances in Foot and Ankle Surgery and Rehabilitation
26. Mobilization of the Lower Extremity

Part 4: Special Considerations

27. Soft Tissue Mobilization
 28. Somatosensory, Vestibular, and Visual Sensory Integration – **NEW!**
 29. EMG Analysis of Manual Muscle Testing and Exercise – **NEW!**
 30. Evaluation and Treatment of Neural Tissue Pain Disorders
- Appendix 1: Manual Therapy Techniques for the Thoracolumbar Spine