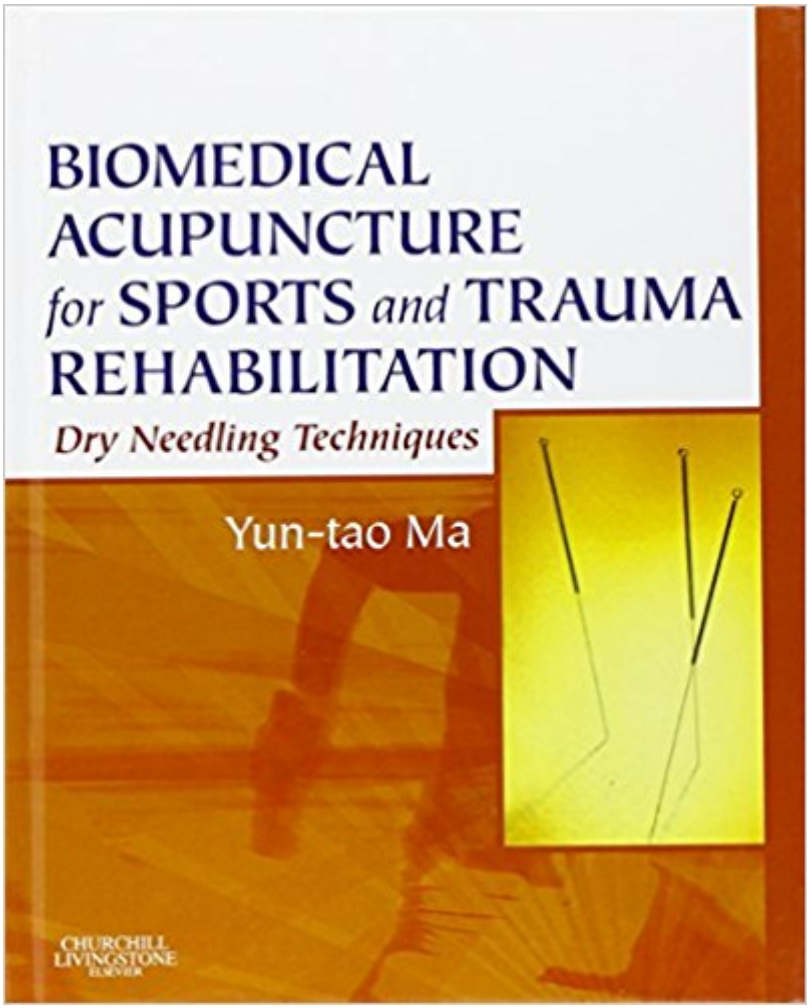
Ebook Directory
the best source of ebook

The book was found

Biomedical Acupuncture For Sports And Trauma Rehabilitation: Dry Needling Techniques, 1e



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Written by widely respected acupuncture expert Yun-tao Ma, PhD, LAc, Biomedical Acupuncture for Sports and Trauma Rehabilitation shows techniques that will enhance athletic performance, accelerate recovery after intensive workouts, and speed trauma rehabilitation after injuries or surgeries. Evidence-based research is used to support the best and most effective techniques, with over 100 illustrations showing anatomy, injury, and clinical procedures. Unlike many other acupuncture books, this book uses a Western approach to make it easier to understand rationales, master techniques, and integrate biomedical acupuncture into your practice. "Finally, a well-referenced, common sense approach to dry needling in sports medicine that discusses maintenance, overtraining, and the effect of the stress response in athletes. This is a long-awaited book that will leave you feeling comfortable with a technique that is very useful not only for athletes, but for all patients of your practice." Rey Ximenes, MD The Pain and Stress Management Center Austin, Texas "For any clinician involved with assisting athletes recover from injury, as well as providing services to enhance physical performance, this text will be indispensable. This book is a major accomplishment in the field of sports injury and treatment of musculoskeletal and neurological pain." Mark A. Kestner, DC, FIAMA, CCSP, CSCS Kestner Chiropractic & Acupuncture Center Murfreesboro, TennesseeUnique! Explores acupuncture treatments for sports injuries in the acute phase, rehabilitation, and prevention. Includes acupuncture for performance enhancement and injury prevention, emphasizing pre-event acupuncture used to help increase muscle output, assist with pre-competition stress, and prevent soft tissue injury. Provides evidence-based research to show the science behind the best and most effective techniques, based on the authorÃ¢â ¬â„¢s background in neuroscience and cell biology and his 35 years of clinical acupuncture experience. Offers an overview of the science of biomedical acupuncture including the mechanisms of acupuncture, anatomy and physiology of acupoints, and discussion of human healing potential. Uses terminology and concepts familiar to Western-trained health professionals, making the material easier to understand and incorporate into practice. Includes more than 100 illustrations showing anatomy, injury, and clinical procedures. Covers useful techniques including those that increase muscle force output, joint flexibility and stability; prevent sports injuries like muscle sprain, tendonitis, bone strain, stress/fatigue fracture and bone spurs; reinforce muscle output for specific sports; normalize physiology of dysfunctional soft tissues; predict treatment response; reduce physiological stress; use the new Vacuum Therapy for deep tissue dysfunctions; and balance the biomechanics of musculoskeletal system.

Book Information

Hardcover: 384 pages

Publisher: Churchill Livingstone; 1 edition (March 19, 2010)

Language: English

ISBN-10: 1437709273

ISBN-13: 978-1437709278

Product Dimensions: 7.6 x 0.7 x 9.4 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars 20 customer reviews

Best Sellers Rank: #857,228 in Books (See Top 100 in Books) #55 inÃ Â Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Acupuncture #476 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure #1188 inÃ Â Books > Sports & Outdoors > Coaching > Training & Conditioning

Customer Reviews

For any clinician involved with helping athletes to recover from injury as well as providing services to enhance physical performance, this text will be indispensable. This book is a major accomplishment in the field of sports injury and treatment of musculoskeletal and neurological pain.
Ã¢â ¬â œÃ¢â ¬â œ Mark A. Kestner, DC, FIAMA, CCSP, CSCS Kestner Chiropractic & Acupuncture Center Murfreesboro, Tennessee Finally, a well-referenced, common sense approach to dry needling in sports medicine that discusses maintenance, overtraining, and the effect of the stress response in athletes. This is a long-awaited book that will leave you feeling comfortable with a technique that is very useful not only for athletes, but for all patientsÃ Â in your practice.
Ã¢â ¬â œÃ¢â ¬â œ Rey Ximenes, MD The Pain and Stress Management Center Austin, Texas

An interesting resource. This isn’t traditional acupuncture, but dry-needling.

The text is well written and comprehensive and contains considerable referencing of evidenced based practice related to dry needling. The author also presents more current and novel information regarding the uses and effectiveness of dry needing in ’wellness’ and sports. Excellent text, a must have!

Reads a bit like stereo instructions at times but is a great reference book. If you ever need to explain what you do and why this is a great resource to have.

The author gave a different view on traditional acupuncture. Using anatomy and neuroscience, the author provided a rather clear scientific approach in using dry needling. It is not a true practical guideline teaching you which acupuncture point to use to treat people, but, the author provides a concept that you can derive your own treatment approach and methods. I suggest this book to every one who uses acupuncture to help people. (Sorry for my English coz this is not my 1st language ^o^)

Integrative Systemic Dry Needling has brought a whole new dimension to physical therapy. Dr. Yun-tao Ma's dry needling techniques described in this book allow for dynamic treatment of the body as a whole. I am amazed at the body's reaction to Dr. Ma's dry needling techniques- the rapid reduction of pain, edema, and muscle spasm which in turn restores proper postural alignment enhancing total body function.Janine K. Rodriguez, PT, Colorado Spring, COPhysical therapist with 25 years of clinical experience

Yun-tao Ma has a lot of experience and education. It is a very detailed book. I've already recommended it to former classmates of mine.

Good and practical information on acupunture and chinese medicine. Recomemded reading for anyone in the field of health and sport.

essential for Dr. Ma's acupuncture course. Very educational book on biophysics and practicality of acupuncture

Download to continue reading...

Biomedical Acupuncture for Sports and Trauma Rehabilitation: Dry Needling Techniques, 1e Trauma Surgery: Volume 1: Trauma Management, Trauma Critical Care, Orthopaedic Trauma and Neuro-Trauma Rehabilitation Techniques for Sports Medicine and Athletic Training (Rehabilitation Techniques in Sports Medicine (Prentice Hall)) Trigger Point Dry Needling: An Evidence and Clinical-Based Approach, 1e Biomedical Ethics for Engineers: Ethics and Decision Making in Biomedical and Biosystem Engineering (Biomedical Engineering Series) Biomedical Engineering Principles Of The Bionic Man (Series on Bioengineering & Biomedical Engineering) (Bioengineering & Biomedical Engineering (Paperback)) Acupuncture Points Handbook: A Patient's Guide to the Locations and Functions of over 400 Acupuncture Points Acupuncture for Beginners: Learn How

Acupuncture Works for Weight Loss, Anxiety and Stress Acupuncture Anatomy: Regional Micro-Anatomy and Systemic Acupuncture Networks Pictorial Atlas of Acupuncture: An Illustrated Manual of Acupuncture Points Floral Acupuncture: Applying the Flower Essences of Dr. Bach to Acupuncture Sites Acupuncture For Fertility: From Conception To Delivery & Everything In Between (What Is Acupuncture & How Can It Help Me? Book 2) A New American Acupuncture: Acupuncture Osteopathy - The Myofascial Release of the Bodymind's Holding Patterns Herbs:How To Dry And Prepare Your Herbs - A Herbal Beginners Guide: :: Easy To Follow And Learn How To Dry And Store Your Herbs ONLY! Holistic Microneedling: The Manual of Natural Skin Needling The Basics of Dry Cupping: Beginners Guide on the Benefits of Dry Cupping with a Simple How-to Guide (Cupping Therapy) (Volume 1) The Basics of Dry Cupping: Beginners Guide on the Benefits of Dry Cupping with a Simple How-To Guide (Cupping Therapy Book 1) Dry-Land Gardening: A Xeriscaping Guide for Dry-Summer, Cold-Winter Climates Dry-Land Gardening: A Xeriscaping Guide for Dry-Summer, Cold-Winter Climates by Jennifer Bennett (1998-03-01) Food Dehydrating Book Package: Food Drying vol. 1 & 2: How to Dry Fruit & How to Dry Vegetables

Contact Us

DMCA

Privacy

FAQ & Help