Combined Movement Theory
Combined Movement Theory
Rational Mobilization and Manipulation of the Vertebral Column

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Dedication

To B.G.

Who so loves, believes the impossible.

(Elizabeth Barrett-Browning)
Preface

To move is to change place, position or posture. Thus, the positions at the initiation and cessation of movement are integral to the analysis of movement. Combined movement theory (CMT) offers the investigator a framework to examine the influence of starting and finishing positions on movement impairment and use these positions to intervene therapeutically. This book is structured in two parts. The first part of the book details the theoretical concepts underpinning the combined movement approach, whilst the second part describes the practical application of the concept for each region of the spine. Significant contributions have been made by manipulative therapy colleagues and it was our intention to ensure that the book is a practical reference for those undertaking combined movement treatment as well as a resource for musculoskeletal practitioners generally.

Aims

The aims of this book are to provide readers with grounding in the principles of a method of spinal dysfunction assessment and treatment that facilitates:

• The recognition of when to consider combined movements theory in the management of spinal impairment and pain
• The expansion of the subjective and objective examination to more sensitively classify spinal impairment
• The management of spinal impairment with passive and active movements
• The management of spinal impairment with positioned muscular contractions
• The progression and regression of treatment based on position and grade of passive movement
• Selecting and applying manipulative techniques
• An understanding of spinal biomechanics, the physiological basis of manual therapy and clinical reasoning.

Dr Chris McCarthy
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