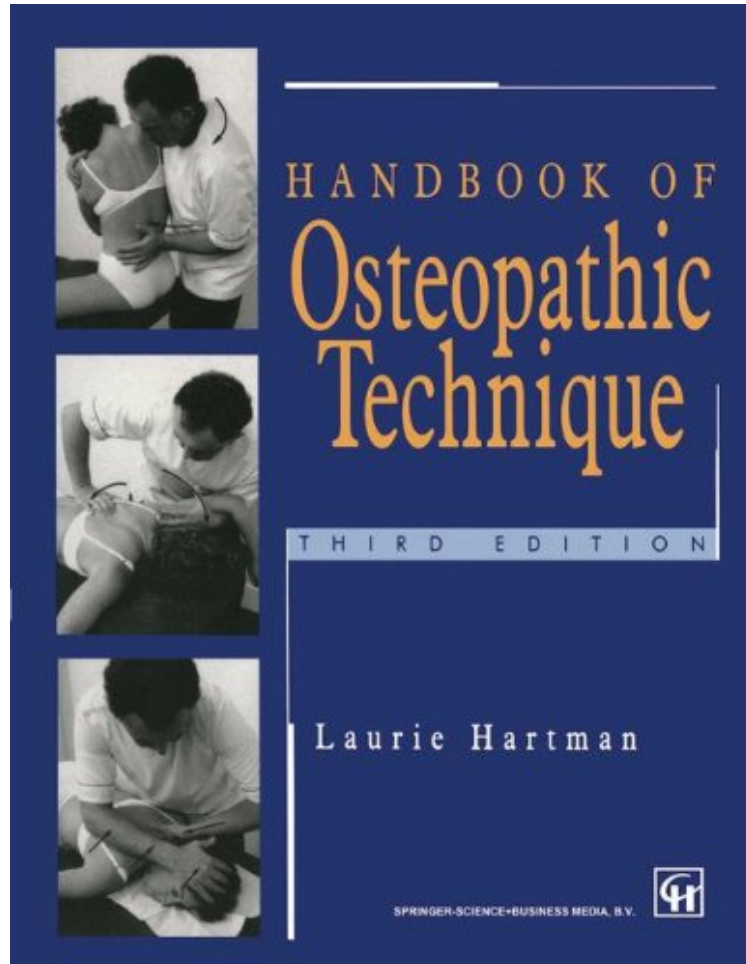


# Handbook of Osteopathic Technique

Laurie S. Hartman

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This handbook discusses all aspects of modern osteopathic techniques, including indirect technique. This book should aid learning and development using descriptions and photographs, emphasize the most and least suitable procedures for varied body types and show how to improve skill and assist constructive learning. Information is also given on modifying factors that fit different techniques to different subjects and models of dysfunction and contra-indications to technique. The book is designed for students of osteopathy but it will also be valuable for physiotherapists, chiropractors and manipulative physicians who wish to expand their knowledge of effective, modern, gentle osteopathic methods. This book should be of interest to Osteopaths, Chiropractors, Physiotherapists, and students in these areas.

"Foreword Acknowledgements Preface To The Third Edition 1. How To Use This book 2. Somatic Dysfunction 3. Diagnosis 4. Classification Of Osteopathic Techniques 5. Contra-indications And Precautions 6. Indirect Technique 7. Modifying Factors In technique 8. Handling 9. Operator Posture And Stance 10. Applied Technique 11. Principles Of Locking 12. Exercises For Developing Technical Skills 13. Techniques For The Lumbar Area 14. Techniques For The Sacro-iliac Area 15. Techniques For The Gluteal Region And Coccyx 16. Techniques For The Thoraco-lumbar Junction Area 17. Techniques For The Thoracic Spine 18. Techniques For The Thoracic Cage And Ribs 19. Techniques For The Scapulo-thoracic Area 20. Techniques For The Cervico-Thoracic Junction Area 21. Techniques For The Cervical Area 22. Techniques For The Occipital Area 23. Techniques For The Sinuses And Temporomandibular Joints 24. Techniques For The Clavicle Area 25. Techniques For The Shoulder Area 26. Techniques For The Elbow Area 27. Techniques For The Forearm Area 28. techniques For The Wrist And Hand 29. Techniques For The Hip Area 30. Techniques For The Thigh Area 31. Techniques For The Knee Area 32. Techniques For The Calf Area 33. Techniques For The Foot Recommended Reading Index "