

POSTURAL CORRECTION



An illustrated guide
to 30 pathologies

JANE JOHNSON

HANDS-ON GUIDES
FOR THERAPISTS



Online Postural Correction Jane Johnson

Alton Cornelius Johnson

Online Postural Correction Jane Johnson:

Postural Correction Jane Johnson,2015-11-03 Postural Correction presents 30 of the most commonly occurring postural conditions in a comprehensive format providing hands on therapists and body workers the knowledge and resources to help clients address their malalignments Focusing on treatment rather than assessment it takes a direct approach and applies specific techniques to improve posture from an anatomical rather than aesthetic perspective Primarily concerned with the lengthening of shortened tissues to help realign body parts Postural Correction offers a collective approach to remedying malalignment Techniques vary for each posture correction including deep tissue massage simple passive stretches soft tissue release common trigger points and gentle limb traction Because weak or poorly functioning muscles may contribute to postural problems the text notes what muscles need to be strengthened and includes recommendations on techniques Suggestions also are made for those postures that are difficult to correct with hands on techniques such as scoliosis genu valgum knock knees and genu varum bow legs Recognizing that the work clients can carry out independently is a crucial component of long term postural correction this guide includes information on how clients can continue their therapy independently between or at the conclusion of their therapy sessions Therapists can take these techniques and recommendations to advise educate and guide clients in their efforts Much attention is paid to lifestyle activities and habitual use or resting of a body part that may have led to the initial pain and malalignment Structured by anatomical regions of the body to make accessing information quick and easy Postural Correction tackles postural concerns commonly affecting the spine pelvis upper limbs including the shoulder and elbow and lower limbs including the hip knee ankle and foot Examples from various sports and demographics such as the elderly offer contextual and applied value Descriptions avoid biomechanical jargon and instead focus on simple clear explanations Information is also included for when hands on techniques are limited in correcting a particular posture Special features make this book unique and useful Full color anatomical illustrations and photographs present a clear visual of what will help bring about postural change Consistency with the other titles in the Hands On Guides for Therapists series ensures that the manual therapies throughout this book are easily accessible An overview of each malalignment includes the muscles that are shortened or lengthened notes about each posture a bulleted list of ideas grouped according to whether these are carried out by the therapist or the client and rationale for the suggested corrective techniques Concluding comments summarize the information for access at a glance Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam Soft Tissue and Trigger Point Release Jane Johnson,2019-01-02 Soft Tissue and Trigger Point Release Second Edition is a practical guide to understanding and applying soft tissue release STR including how it can be used to deactivate trigger points and maximize patient outcomes of treatment and rehabilitation Whether you are a student or a professional the detailed instruction and

numerous photos will help you gain proficiency and confidence in applying these techniques Soft Tissue and Trigger Point Release thoroughly explains the differences between the three types of STR passive clients do not help active assisted clients and therapists work together and active clients do it on their own and provides step by step descriptions for performing each type This edition incorporates new content on how soft tissue release may be used to deactivate trigger points aiding in the treatment of musculoskeletal pain Additional updates include the following More than 150 new photographs and 21 new anatomical illustrations Guiding arrows overlaid on photos to show the direction in which to apply pressure Illustrations of trigger points found in 21 muscles New descriptions of the use of active assisted STR on the iliotibial band ITB infraspinatus biceps brachii and triceps New sections describing how to apply active STR to gluteals trapezius scalenes rhomboid and pectoral muscles Instruction for applying passive STR to shoulder adductors Case studies providing examples of how STR was used with four clients with differing problems Complementing each technique are information on the key holds moves and stances for various muscles and handy reference charts indicating the types of clients and situations for which each technique is particularly useful The full color photos depict the locks and stretches while some of the more difficult techniques are accompanied by photos showing the position of the therapist and a skeletal overlay on the client so you can pinpoint the specific muscle being targeted The book also explains how to use alternative options such as massage tools and forearms fists and elbows to protect your hands and thumbs from overuse Tip boxes offer practical comments on applying the techniques while Client Talk boxes provide insight into real world situations Soft Tissue and Trigger Point Release also shows you how to incorporate the proper techniques into a treatment program It guides you through the consultation process and provides examples of initial questions to ask clients and various assessment forms to use in identifying clients needs Using case studies and comparisons you will learn how the data gleaned from clients can guide the design of an effective treatment program Soft Tissue and Trigger Point Release Second Edition is part of the Hands On Guides for Therapists series developed to provide the best clinical and educational resources available for those in bodywork professions

Postural

Correction Jane Johnson,2015 *Postural Correction* Mcsp Jane Johnson (Msc),2016 **Spine Surgery 2-Vol Set**

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Index ,1999 **Postural Correction** Alton Cornelius Johnson,194? *The Posture Principles* Mark Wade,Krista Burns,2018-04-29 If you are a healthcare professional interested in taking your practice to the next level while getting predictable postural correction results then *The Posture Principles* is for you In this book you will discover why posture the structural framework of your body is vital to optimal health You will uncover how to assess and correct posture with a revolutionary postural correction approach Discover how poor posture and the overuse of technology is causing postural decline Learn how to instantly validate all posture analyses with Posture Imaging Discover Alignment Balance and Core Control exercises to improve Postural Fitness Learn how to implement the proven 3 component Postural Correction system of spinal alignment posture rehabilitation and posture habit re education *The Posture Principles* is a must have guide for all healthcare professionals who want a proven system for achieving long term postural correction results With this valuable information you can position yourself as the go to posture expert in your community while helping your patients transform their health *Posture Correction* Mira Skylark,AI,2025-03-18 Posture Correction addresses the widespread issue of poor posture and its impact on overall health offering a self help guide to understanding and improving spinal alignment Did you know that poor posture can negatively affect not only chronic pain and fatigue but also breathing and digestion The book emphasizes proactive intervention through targeted exercises lifestyle adjustments and ergonomic awareness to combat these effects It distinguishes itself by providing a user friendly step by step approach to posture correction tailored to individual needs The book begins by outlining the foundational principles of spinal alignment and muscle imbalances It then progresses to practical techniques like stretching and strengthening exercises along with ergonomic modifications for daily routines Readers will learn how to integrate postural awareness into everyday life forming habits for long term maintenance

This approach empowers individuals to take control of their physical well being and prevent future health problems related to poor spinal health

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