

saunders lumbar traction instructions

Saunders Lumbar Traction Instructions: A Comprehensive Guide for Safe and Effective Use

saunders lumbar traction instructions are essential for anyone looking to alleviate lower back pain through mechanical traction therapy. Whether you're a patient using the Saunders lumbar traction unit at home or a healthcare provider guiding your client, understanding the correct application and procedure is key to maximizing benefits and minimizing risks. In this article, we'll walk through the step-by-step instructions, safety tips, and important considerations to help you use the Saunders lumbar traction device effectively and comfortably.

Understanding Saunders Lumbar Traction

Before diving into the instructions, it's helpful to understand what Saunders lumbar traction is and why it's widely used. This device applies a controlled pulling force to the lower spine, aiming to relieve pressure on spinal discs and nerves. It's commonly prescribed for conditions like herniated discs, sciatica, muscle spasms, and general lower back pain.

The Saunders system is known for its adjustable, pneumatic traction that allows for precise control of force and position, ensuring the therapy is both safe and tailored to individual needs. Unlike manual traction, the Saunders unit offers consistent and repeatable results, making it a preferred choice in many clinics and rehabilitation centers.

Preparing for Saunders Lumbar Traction

Initial Setup and Positioning

Proper preparation is critical to a successful lumbar traction session. Start by setting up the traction table or chair in a comfortable, quiet space. The Saunders lumbar traction device typically includes a pelvic harness and a thoracic harness to securely support the patient during treatment.

Here's what you need to keep in mind:

- **Wear comfortable clothing:** Loose-fitting clothes help avoid discomfort and allow the harness to fit snugly.
- **Empty your bladder:** A full bladder can cause discomfort during traction.
- **Positioning:** Lie flat on your back on the traction table. Depending on your therapist's guidance, you may need your knees slightly bent using a bolster or pillow for optimal lumbar opening.
- **Secure the harness:** Attach the pelvic harness firmly around your hips and the thoracic harness around your upper torso. Both should be snug

but not restrictive.

Adjusting the Device

The Saunders lumbar traction unit allows for customization of force and duration. Make sure the following settings are reviewed before starting:

- **Force level:** Traction force is often set as a percentage of your body weight, commonly between 25% to 50%. Your therapist will determine the ideal force for your condition.
- **Duration:** Sessions typically last from 10 to 20 minutes, but this varies based on treatment goals.
- **Intermittent vs. Static Traction:** You might use intermittent traction—periodic pulling and release—or static traction, where force is sustained continuously.

Step-by-Step Saunders Lumbar Traction Instructions

Following a clear procedure ensures you get the most out of your therapy session. Here's a detailed guide:

1. **Set up the traction table:** Position the table or chair so that it is flat and stable.
2. **Wear the pelvic harness:** Wrap the harness around your hips, ensuring it sits securely just above the pelvic bones.
3. **Attach the thoracic harness:** Fit this harness around your upper torso to stabilize your upper body during traction.
4. **Lie down comfortably:** Position yourself on the table with your head supported and knees bent slightly if recommended.
5. **Connect the harnesses to the traction unit:** Ensure the straps are firmly clipped into the device's pulley system.
6. **Adjust the traction force:** Start with a low force as advised by your therapist or device instructions, gradually increasing as tolerated.
7. **Start the traction session:** Activate the device, allowing it to gently pull on your lumbar spine.
8. **Monitor your comfort:** If you experience sharp pain, dizziness, or discomfort, stop the session immediately and inform your healthcare provider.

9. **End the session slowly:** Gradually reduce the traction force before fully releasing the harnesses to avoid sudden pressure changes.
10. **Remove the harnesses:** Carefully unclip and remove the pelvic and thoracic harnesses once the device is off.
11. **Rest and hydrate:** Spend a few minutes resting after the session, and drink water to help your muscles recover.

Tips for Safe and Effective Use

Using the Saunders lumbar traction device correctly is not just about following steps, but also about being mindful of your body and treatment goals. Here are some helpful tips to keep in mind:

- **Start slow:** If you're new to lumbar traction, begin with shorter sessions and lower force levels to allow your body to adjust.
- **Consistency matters:** Regular use as prescribed by your healthcare provider will yield better results than sporadic sessions.
- **Communicate with your therapist:** Provide feedback about your comfort and any sensations you experience during traction.
- **Maintain proper posture:** Outside of traction sessions, practice good posture and avoid activities that strain your lower back.
- **Avoid self-adjustment:** Don't increase force or duration without professional guidance to prevent injury.

Common Conditions Treated with Saunders Lumbar Traction

Lumbar traction is versatile and can help with a variety of lower back issues. Some common conditions include:

- **Herniated or bulging discs:** Traction helps reduce disc pressure and nerve root compression.
- **Degenerative disc disease:** It can alleviate pain by gently separating vertebrae and improving joint mobility.
- **Sciatica:** Stretching the lumbar spine can relieve nerve irritation causing radiating leg pain.
- **Muscle spasms and tightness:** Traction promotes relaxation of tight lumbar muscles.

- **Facet joint dysfunction:** By unloading the spine, traction can reduce joint stress and discomfort.

Potential Side Effects and Precautions

While Saunders lumbar traction is generally safe, it's important to be aware of possible side effects and contraindications:

- **Discomfort or soreness:** Mild muscle soreness after traction is normal, but severe pain should be reported immediately.
- **Dizziness or nausea:** Some people may feel lightheaded during or after treatment; stop if these symptoms occur.
- **Not suitable for everyone:** Avoid traction if you have fractures, spinal infections, tumors, severe osteoporosis, or uncontrolled hypertension without medical clearance.
- **Pregnancy considerations:** Consult your healthcare provider before using lumbar traction during pregnancy.

Integrating Saunders Lumbar Traction into Your Recovery Plan

Lumbar traction is often one part of a comprehensive rehabilitation program. Combining it with physical therapy exercises, ergonomic adjustments, and lifestyle changes can enhance recovery. Your healthcare provider might recommend:

- Core strengthening exercises to support spinal stability
- Stretching routines to improve flexibility
- Postural education to prevent further strain
- Heat or cold therapy to complement traction sessions

By following the saunders lumbar traction instructions carefully and incorporating these additional strategies, you can promote healing and reduce chronic back pain more effectively.

Using the Saunders lumbar traction device with awareness and care can open the door to significant relief from lower back discomfort. Remember that patience and consistency, along with professional guidance, are your best allies in this journey toward spinal health and comfort.

Frequently Asked Questions

What is Saunders lumbar traction used for?

Saunders lumbar traction is used to relieve lower back pain by gently stretching the spine to reduce pressure on spinal discs and nerves.

How do I set up the Saunders lumbar traction device?

To set up the Saunders lumbar traction device, secure the pelvic harness around your hips, attach the straps to the traction unit, and adjust the settings according to your healthcare provider's instructions.

How long should I use Saunders lumbar traction during each session?

Typically, Saunders lumbar traction sessions last between 15 to 30 minutes, but always follow the duration recommended by your healthcare professional.

Can I perform Saunders lumbar traction at home safely?

Yes, with proper instruction and guidance from a healthcare provider, you can safely perform Saunders lumbar traction at home using the device.

What precautions should I take while using Saunders lumbar traction?

Avoid sudden movements during traction, do not exceed recommended traction force, and discontinue use if you experience increased pain or discomfort.

How often should Saunders lumbar traction be used for best results?

Frequency varies based on individual conditions, but generally, it is used 3-5 times per week as advised by a healthcare professional.

Are there any contraindications for using Saunders lumbar traction?

Yes, contraindications include spinal fractures, infections, tumors, severe osteoporosis, and pregnancy. Consult your doctor before use.

What maintenance is required for the Saunders lumbar traction device?

Regularly inspect straps and harness for wear, keep the device clean, and store it in a dry place to ensure longevity and proper function.

Additional Resources

Saunders Lumbar Traction Instructions: A Professional Guide to Effective Spinal Decompression

saunders lumbar traction instructions are essential for healthcare professionals and patients alike who aim to utilize the Saunders lumbar traction device effectively. This device, designed for the non-invasive treatment of lower back pain, works by applying controlled mechanical traction to the lumbar spine, helping to alleviate pressure on spinal discs and nerves. Given the device's widespread use in physical therapy and rehabilitation settings, understanding the correct application and operational guidelines is paramount to maximize therapeutic benefits while minimizing risks.

The Saunders lumbar traction system has established itself as a reliable tool in managing conditions such as herniated discs, sciatica, degenerative disc disease, and lumbar muscle spasms. However, the success of treatment depends heavily on adherence to specific instructions and protocols tailored to individual patient needs. This article delves into the critical elements of Saunders lumbar traction instructions, exploring device setup, patient positioning, treatment parameters, safety considerations, and clinical outcomes.

Understanding the Saunders Lumbar Traction Device

The Saunders lumbar traction unit is a mechanical apparatus designed to stretch the lumbar spine gently. Unlike manual traction methods, this device allows precise control over the force, duration, and position of traction, making it a preferred choice in many clinical environments. The system typically consists of an adjustable harness that secures the patient's pelvis, a traction belt, and a motorized traction mechanism that applies longitudinal force.

One of the defining features of the Saunders system is its capacity to deliver sustained or intermittent traction, depending on therapeutic goals. Sustained traction maintains a constant pull for a set duration, while intermittent traction alternates between traction and relaxation phases, which some studies suggest may improve patient comfort and efficacy in certain conditions.

Key Components and Features

- **Adjustable Pelvic and Thoracic Harness:** Ensures secure and comfortable patient positioning.
- **Traction Force Control:** Allows precise adjustment from minimal to maximal force, often calibrated in pounds or newtons.
- **Timer Settings:** Enables clinicians to set treatment durations typically ranging from 5 to 30 minutes or more.

- **Angle Adjustment:** Some models permit angling the traction force to target specific lumbar segments.
- **Safety Mechanisms:** Emergency stop functions and force limiters to prevent over-traction.

Step-by-Step Saunders Lumbar Traction Instructions

Proper application of Saunders lumbar traction begins with patient assessment, followed by careful setup and monitoring throughout the treatment session. Below is a systematic guide to ensure optimal use:

1. Patient Assessment and Preparation

Before initiating traction, it is critical to evaluate the patient's medical history and current condition. Contraindications such as spinal fractures, tumors, infections, severe osteoporosis, or acute inflammation must be ruled out. Additionally, clinicians should assess the patient's pain levels, mobility, and muscle tone.

Once cleared, instruct the patient to wear comfortable, loose-fitting clothing to facilitate harness placement. Explain the procedure clearly to alleviate anxiety and ensure cooperation.

2. Positioning the Patient

The patient is typically positioned supine on the traction table. The pelvis is secured using the pelvic harness, which must be snug but not restrictive to avoid discomfort or circulatory issues. In Saunders lumbar traction instructions, proper harness placement is emphasized as crucial for effective force transmission.

Some protocols suggest slight knee flexion, often achieved by placing a bolster beneath the knees, to reduce lumbar lordosis and enhance traction effectiveness.

3. Setting Traction Parameters

Determining the appropriate traction force is a nuanced task. Saunders lumbar traction instructions recommend starting with a low force—usually 25% of the patient's body weight—and gradually increasing as tolerated, often up to 50% or more depending on clinical objectives.

Treatment duration typically ranges from 10 to 20 minutes per session. The choice between sustained or intermittent traction depends on patient tolerance and therapeutic goals. Intermittent traction parameters might involve cycles of 60 seconds on and 20 seconds off.

4. Initiating Traction and Monitoring

Once settings are configured, the machine is activated, and the traction force is applied gradually. Continuous monitoring is vital to observe the patient's response, including any signs of increased pain, numbness, or discomfort.

Adjustments should be made promptly if adverse symptoms appear. The patient should be encouraged to communicate openly throughout the session.

5. Ending the Session

At the conclusion, the traction force is gradually released to prevent sudden changes in spinal pressure. The harness is then removed carefully, and the patient is assisted in standing or sitting as needed.

Documentation of treatment parameters and patient response completes the session, aiding in future therapy planning.

Clinical Considerations and Best Practices

While Saunders lumbar traction holds numerous advantages, its effectiveness is maximized when integrated into a comprehensive treatment plan including exercise therapy, manual therapy, and patient education.

Advantages

- **Controlled Traction Force:** Allows precise application tailored to individual patient needs.
- **Adjustable Treatment Settings:** Facilitates personalization of traction duration and mode.
- **Non-Invasive:** Offers a conservative alternative to surgery for many lumbar conditions.

Limitations and Risks

- **Not Suitable for All Patients:** Contraindications must be strictly observed.
- **Potential for Discomfort:** Incorrect harness fit or excessive force can cause pain or skin irritation.
- **Variable Efficacy:** Clinical outcomes may vary, and traction should not be the sole treatment modality.

Optimizing Outcomes

Clinical evidence suggests that combining lumbar traction with strengthening and flexibility exercises improves long-term results. Additionally, patient feedback during treatment is critical for adjusting parameters and ensuring safety.

Training and familiarity with the Saunders lumbar traction instructions ensure that clinicians deploy the device effectively, reducing the likelihood of complications and enhancing patient satisfaction.

Comparing Saunders Lumbar Traction with Other Traction Devices

In the realm of mechanical lumbar traction, the Saunders system competes with other devices such as the Chattanooga and Pronex units. While all offer similar basic functions, Saunders is often praised for its user-friendly interface and robust safety features.

Some clinicians highlight the versatility of Saunders traction in delivering both sustained and intermittent modes with precise control, making it suitable for a broad patient demographic. However, newer digital traction units may offer more customizable programs and data tracking capabilities.

Cost and Accessibility

The Saunders lumbar traction device is generally positioned at a mid-to-high price point, reflecting its build quality and clinical reliability. For clinics prioritizing durability and ease of use over advanced digital features, Saunders remains a valuable investment.

Patients receiving treatment benefit from the standardized protocols embedded in Saunders lumbar traction instructions, which help foster consistent therapy delivery across different care settings.

Incorporating Saunders lumbar traction instructions into clinical practice requires a thorough understanding of the device's mechanics and patient-specific considerations. Through precise application and ongoing evaluation, this mechanical traction method remains a cornerstone in conservative lumbar spine care, offering relief and functional improvement for many individuals suffering from chronic or acute lower back pain.

[Saunders Lumbar Traction Instructions](#)

A. Lennard, David G Vivian, Stevan DOW Walkowski, Aneesh K. Singla, 2011-06-11 In the 3rd Edition of Pain Procedures in Clinical Practice, Dr. Ted Lennard helps you offer the most effective care to your patients by taking you through the various approaches to pain relief used in physiatry today. In this completely updated, procedure-focused volume, you'll find nearly a decade worth of new developments and techniques supplemented by a comprehensive online video collection of how-to procedures at www.expertconsult.com. You'll also find extensive coverage of injection options for every joint, plus discussions of non-injection-based pain relief options such as neuromuscular ultrasound, alternative medicines, and cryotherapy. Offer your patients today's most advanced pain relief with nearly a decade worth of new developments and techniques, masterfully presented by respected physiatrist Ted Lennard, MD. Make informed treatment decisions and provide effective relief with comprehensive discussions of all of the injection options for every joint. Apply the latest non-injection-based treatments for pain relief including neuromuscular ultrasound, alternative medicines, and cryotherapy. See how to get the best results with a comprehensive video collection of how-to procedures at www.expertconsult.com, and access the complete text and images online.

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saunders lumbar traction instructions: Therapeutic Modalities Kenneth L. Knight, David O. Draper, 2008 This user-friendly text, written in a clear and friendly manner by leading experts in the field, is intended primarily for undergraduate athletic training students. It encourages students to understand both the how and the why of therapeutic modality use so readers become thinking, decision-making professionals. It provides the knowledge needed to evaluate and select the most appropriate modality. All major modalities used to treat orthopedic injury and pain are covered, from electrotherapy to therapeutic heat and cold to therapeutic massage.

saunders lumbar traction instructions: Saunders Comprehensive Review for the NCLEX-PN® Examination - E-Book Linda Anne Silvestri, Angela Silvestri, 2024-01-04 Get the best review for the NCLEX-PN® exam from the leading NCLEX® experts! Written by Linda Anne Silvestri and Angela E. Silvestri, Saunders Comprehensive Review for the NCLEX-PN® Examination, 9th Edition, provides everything you need to prepare for success on the NCLEX-PN. The book includes a review of all nursing content areas, more than 4,600 questions for the NCLEX, detailed rationales, test-taking tips and strategies, and questions for the Next-Generation NCLEX (NGN). The Evolve companion website simulates the exam-taking experience with customizable practice questions along with realistic practice tests. Based on Silvestri's proven Pyramid to Success, this complete review is a perennial favorite of students preparing for the NCLEX. - More than 4,600 practice questions in the text and on the Evolve companion website offer ample testing practice. - Detailed test-taking strategy is included for each question, offering clues for analyzing and uncovering the correct answer option, with rationales provided for both correct and incorrect answers. - Pyramid Points icons indicate important information, identifying content that is likely to appear on the NCLEX-PN examination. - Pyramid Alerts appear in red text, highlighting important nursing concepts and identifying content that typically appears on the NCLEX-PN examination. - Priority Concepts — two in each chapter — discuss important content and nursing interventions and reflect the latest edition of Giddens' Concepts for Nursing Practice text. - Priority Nursing Action boxes provide information about the steps nurses will take in clinical situations requiring clinical judgment and prioritization. - New graduate's perspective is offered on how to prepare for the NCLEX-PN, in addition to nonacademic preparation, the CAT format, and test-taking strategies. - Mnemonics are included to help you remember important information. - Alternate item format questions cover multiple-response, prioritizing (ordered response), fill-in-the-blank, figure/illustration (hot spot), chart/exhibit, and audio questions. - Practice questions on the Evolve

companion website are organized by content area, cognitive level, client needs area, integrated process, health problem, clinical judgment, and priority concepts, allowing completely customizable exams or study sessions. - Audio review summaries on the Evolve companion website cover pharmacology, acid-base balance, and fluids and electrolytes.

saunders lumbar traction instructions: Integrating Physical Agents in Rehabilitation

Bernadette Hecox, 2006 Text for physical therapy students on the use of physical agents such as heat, cold, light, water, ultrasound, electrotherapy, or traction. Blends practical application with scientific rationale in the application of physical agents as a therapeutic modality. Challenges its readers to think critically when mapping out the best treatment options with optimal use of agents such as traction, compression, thermal agents, electromagnetic radiation, hydrotherapy, ultrasound, and electrical currents.

saunders lumbar traction instructions: Lumbar Spine Surgery Joseph C. Cauthen, 1988

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saunders lumbar traction instructions: The EMT Review Manual Donald J. Ptacnik, 1993

This text serves as a preparatory tool for EMT certification and recertification exams. It contains over 750 multiple choice questions that closely simulate the types of questions on the examination. Each answer is accompanied by supporting rationale.

saunders lumbar traction instructions: Physical Agents in Rehabilitation - E Book Michelle H. Cameron, 2017-09-06 With straightforward, in-depth coverage of the use of physical agents to improve patient outcomes, *Physical Agents in Rehabilitation: An Evidence-Based Approach to Practice*, 5th Edition reflects how physical agents and modalities are being discussed in the classroom. This new edition brings the ideal balance of evidence and practical instruction to the learning and practice of physical agents in rehabilitation. Comprehensive coverage of all physical agents includes the mechanisms, clinical effects, and application techniques for thermal agents, ultrasound, electrical currents, electromagnetic radiation, hydrotherapy, traction, and compression. Plus, each chapter includes a scientific rationale and step-by-step instructions in the use of the agent(s), as well as up-to-date research support and new Find the Evidence tables. The new edition is supported with electronic ancillaries including review questions for students, PowerPoints®, and links to all references on Medline. - Comprehensive coverage of all physical agents includes the mechanisms, clinical effects, and application techniques for thermal agents, ultrasound, electrical currents, electromagnetic radiation, hydrotherapy, traction, and compression. - Find the Evidence tables guide the reader in finding up-to-date, patient-specific evidence using the PICO framework. - UNIQUE Step-by-step illustrated application techniques boxes guide you in reproducing effective treatment options. - Electronic ancillaries - *Electrical Stimulation, Ultrasound & Laser Light Handbook* helps you to understand the material and can be printed out for quick reference to use in the clinical setting. - NEW! Chapter on biofeedback complements the coverage of powered devices used in rehabilitation. - UNIQUE! New Find the Evidence tables guide the reader in finding up-to-date, patient-specific evidence using the PICO framework.

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Cameron, 2003 This resource covers everything from thermal agents, hydrotherapy, traction, compression, ultrasound, electrical currents, and electromagnetic fields to recent advances and new applications. You'll find clear discussions of the scientific basis for these agents' function, the types of conditions they can be used to treat, and their effectiveness according to the current research. You'll also discover practical guidelines that explain how to use them, when to use them...and when not to, how to integrate them into a patient's overall treatment plan, and how to document your treatment to optimize reimbursement and minimize liability.

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saunders lumbar traction instructions: Step-by-Step Medical Coding, 2015 Edition - E-Book Carol J. Buck, 2014-11-18 Take your first step toward a successful career in medical coding with in-depth coverage from the most trusted name in coding education! From Carol J. Buck, Step-by-Step Medical Coding, 2015 Edition is a practical, easy-to-use resource that shows you exactly how to code using all current coding systems. Explanations of coding concepts are followed by practice exercises to reinforce your understanding. In addition to coverage of reimbursement, ICD-9-CM, CPT, HCPCS, and inpatient coding, this edition fully covers ICD-10-CM in preparation for the transition to ICD-10. No other text on the market so thoroughly covers all coding sets in one source! - A step-by-step approach makes it easier to build skills and remember the material. - Dual coding addresses the transition to ICD-10 by providing coding answers for both ICD-10 and ICD-9. -

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saunders lumbar traction instructions: Buck's Step-by-Step Medical Coding, 2021

Edition Elsevier, 2020-11-08 Take your first step toward a successful career in medical coding with guidance from the most trusted name in coding education! The bestselling Buck's Step-by-Step Medical Coding is a practical, easy-to-use resource that shows you exactly how to code using all current coding sets. To reinforce your understanding, practice exercises follow the explanations of each coding concept. In addition to coverage of reimbursement, ICD-10-CM, CPT, HCPCS, and inpatient coding, an Evolve website includes 30-day access to TruCode® Encoder Essentials. No other book so thoroughly covers all coding sets! - Theory and practical review questions (located at the end of each chapter) focus on recalling important chapter information and application of codes. - A step-by-step approach makes it easier for students to build coding skills and remember the material. - Learning objective and glossary review questions reinforce student understanding of key chapter concepts and terms. - 30-day trial to TruCode® Encoder Essentials gives students experience with using an encoder (plus access to additional encoder practice exercises on the Evolve website). - UNIQUE! Real-life coding reports (cleared of any confidential information) simulate the reports students will encounter as coders, and help them apply coding principles to actual cases. - Online activities on Evolve provide extra practice with assignments, including coding reports. - More than 450 illustrations help in understanding the types of medical conditions and procedures being coded, and include examples taken directly from Elsevier's professional ICD-10 and HCPCS manuals. - UNIQUE! Four coding-question variations — covering both single-code questions and multiple-code questions and scenarios — develop students' coding ability and critical thinking skills. - UNIQUE! Coders' Index in the back of the book makes it easy to quickly locate specific codes. - Official Guidelines for Coding and Reporting boxes show the official guidelines wording for inpatient and outpatient coding alongside in-text explanations. - Exercises, Quick Checks, and Toolbox features reinforce coding rules and concepts, and emphasize key information. - Valuable tips and advice are offered in features such as From the Trenches, Coding Shots, Stop!, Caution!, Check This Out, and CMS Rules. - Sample EHR screenshots (in Appendix D) show examples similar to the electronic health records students will encounter in the workplace. - NEW! Coding updates include the latest information available, promoting accurate coding and success on the job. - NEW! Coverage of CPT E/M Guidelines changes for Office and Other Outpatient codes.

saunders lumbar traction instructions: Daniels and Worthingham's Muscle Testing E-Book

Marybeth Brown, Dale Avers, 2018-06-28 A practical handbook on evaluating muscular strength and function, Daniels and Worthingham's Muscle Testing: Techniques of Manual Examination and Performance Testing, 10th Edition helps you to understand and master procedures in manual muscle

testing and performance testing. Clear, illustrated instructions provide a guide to patient positioning, direction of motion, and direction of resistance. In addition to muscle testing of normal individuals and others with weakness or paralysis, this edition includes coverage of alternative strength tests and performance tests for older adults and others with functional decline (such as the inactive and obese). The tenth edition also includes coverage of muscle dynamometry and a sampling of ideal exercises. Updated by educators Dale Avers and Marybeth Brown, this classic physical therapy reference once again features a companion website with many new video clips demonstrating the latest muscle testing procedures and alternatives to muscle testing. In addition, two online only chapters - Cranial Nerve and Ready Reference Anatomy - have been added. - Drawings and arrows along with clear written directions make it easy to understand and perform muscle testing procedures, allowing you to assess deficits in strength, balance, and range of motion. - More than 500 illustrations clearly show testing sequences, muscle anatomy, and muscle innervation. - Chapters on performance testing cover functional strength testing in older adults and those with functional decline, and testing muscle performance in various clinical settings. - Chapters on manual muscle testing address when to use manual muscle testing, the limitations of manual muscle testing, and alternatives to manual muscle testing. - Details of muscle anatomy and innervation help in linking muscle topography with function. - Helpful Hints and Substitutions boxes provide additional tips and highlight muscle substitutions that may occur during a test to ensure greater accuracy in testing. - A constant reference number clearly identifies each muscle in the body, indexed in the Alphabetical List of Muscles by Region as well as in the Ready Reference Anatomy Manual on Evolve, to speed cross-referencing and help you to quickly identify any muscle. - NEW! Content on the muscle dynamometer and muscle dynamometry data introduces you to muscle dynamometry including muscle dynamometer methods and results with each muscle. - NEW! Video clips demonstrate the latest muscle testing techniques and alternative muscle testing procedures in a clinical setting. - NEW! Ideal exercises for selected muscles thoroughly explain procedures based on the literature. - NEW! Additional Video Educational Content box alerts you when videos associated with that chapter are available to view.

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