



# Postural Assessment (Hands-On Guides for Therapists)

*Jane Johnson*

Download now

[Click here](#) if your download doesn't start automatically

# Postural Assessment (Hands-On Guides for Therapists)

Jane Johnson

## Postural Assessment (Hands-On Guides for Therapists) Jane Johnson

Though postural assessment is a skill required by most therapists and useful for many health and fitness professionals, few resources offer a complete discussion of the topic to support practitioners in the task. Written for students and practitioners of massage therapy, physical therapy, osteopathy, chiropractic, sports medicine, athletic training, and fitness instruction, *Postural Assessment* is a guide to determining muscular or fascial imbalance and whether that imbalance contributes to a patient's or client's pain or dysfunction.

Jane Johnson, a practicing physiotherapist and sport massage therapist and instructor, breaks down the complex and holistic process of assessing posture into easy-to-assimilate sections. Johnson begins with a discussion of ideal posture and the factors affecting posture as well as how to provide the correct environment for postural assessment, necessary equipment, and the importance of documenting assessment findings. Then she details procedures for executing postural assessments from standing posterior, lateral, and anterior views as well as with the patient or client in a seated position.

The text features tips for improving assessment technique, and What Your Findings Mean sections provide readers—students in particular—with guidance for systematic analysis. Each chapter ends with five Quick Questions, with answers, to assist in gauging understanding of the topics covered.

Information in the text is enhanced with detailed illustrations that offer visual cues to learning postural assessment and identifying anatomical relationships. Line drawings illustrate bony landmarks used in the assessments, and numerous photos show both obvious and subtle postural variations. Reproducible illustrated postural assessment charts in the appendix provide space for recording observations during each step of the assessment.

*Postural Assessment* can assist practitioners in learning what posture reveals about the relationships among various body parts and in determining whether such relationships cause or contribute to pain or discomfort. As a resource for novices, *Postural Assessment* offers guidance in observing and identifying common postural forms and interpreting those observations.

*Postural Assessment* is part of the Hands-On Guides for Therapists series, which features specific tools for assessment and treatment that fall well within the realm of massage therapists but may be useful for other body workers, such as osteopaths and fitness instructors. The guides include full-color instructional photographs, Tips sections that aid in adjusting massage techniques, Client Talk boxes that present ideas for creatively applying techniques for various types of clients, and questions for testing knowledge and skill.

 [Download Postural Assessment \(Hands-On Guides for Therapist ...pdf](#)

 [Read Online Postural Assessment \(Hands-On Guides for Therapi ...pdf](#)

## **Download and Read Free Online Postural Assessment (Hands-On Guides for Therapists) Jane Johnson**

---

### **From reader reviews:**

#### **Alysa Appel:**

This Postural Assessment (Hands-On Guides for Therapists) book is just not ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book will be information inside this e-book incredible fresh, you will get details which is getting deeper a person read a lot of information you will get. This Postural Assessment (Hands-On Guides for Therapists) without we know teach the one who studying it become critical in contemplating and analyzing. Don't end up being worry Postural Assessment (Hands-On Guides for Therapists) can bring once you are and not make your bag space or bookshelves' turn into full because you can have it inside your lovely laptop even mobile phone. This Postural Assessment (Hands-On Guides for Therapists) having very good arrangement in word as well as layout, so you will not experience uninterested in reading.

#### **Mark Vandyke:**

Playing with family inside a park, coming to see the coastal world or hanging out with buddies is thing that usually you might have done when you have spare time, subsequently why you don't try issue that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Postural Assessment (Hands-On Guides for Therapists), you can enjoy both. It is fine combination right, you still need to miss it? What kind of hang type is it? Oh seriously its mind hangout guys. What? Still don't understand it, oh come on its known as reading friends.

#### **Kimberly Lunceford:**

In this period globalization it is important to someone to acquire information. The information will make professionals understand the condition of the world. The fitness of the world makes the information easier to share. You can find a lot of references to get information example: internet, newspapers, book, and soon. You can observe that now, a lot of publisher that print many kinds of book. The particular book that recommended for your requirements is Postural Assessment (Hands-On Guides for Therapists) this guide consist a lot of the information in the condition of this world now. This book was represented so why is the world has grown up. The words styles that writer use for explain it is easy to understand. The particular writer made some analysis when he makes this book. Honestly, that is why this book ideal all of you.

#### **Kelley Hardy:**

As we know that book is vital thing to add our know-how for everything. By a book we can know everything we want. A book is a set of written, printed, illustrated or perhaps blank sheet. Every year has been exactly added. This reserve Postural Assessment (Hands-On Guides for Therapists) was filled regarding science. Spend your time to add your knowledge about your science competence. Some people has different feel when they reading the book. If you know how big benefit of a book, you can feel enjoy to read a e-book. In

the modern era like right now, many ways to get book you wanted.

**Download and Read Online Postural Assessment (Hands-On Guides for Therapists) Jane Johnson #XF09CZT1QSP**

## **Read Postural Assessment (Hands-On Guides for Therapists) by Jane Johnson for online ebook**

Postural Assessment (Hands-On Guides for Therapists) by Jane Johnson Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Postural Assessment (Hands-On Guides for Therapists) by Jane Johnson books to read online.

### **Online Postural Assessment (Hands-On Guides for Therapists) by Jane Johnson ebook PDF download**

**Postural Assessment (Hands-On Guides for Therapists) by Jane Johnson Doc**

**Postural Assessment (Hands-On Guides for Therapists) by Jane Johnson Mobipocket**

**Postural Assessment (Hands-On Guides for Therapists) by Jane Johnson EPub**