



# Human Locomotion: The Conservative Management of Gait-Related Disorders

*Thomas C. Michaud*

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In the course of a year, more than 1.9 million runners will fracture at least one bone and approximately 50% will suffer some form of overuse injury that prevents them from running. Despite the widespread prevalence of gait-related injuries, the majority of health care practitioners continue to rely on outdated and ineffective treatment protocols emphasizing passive interventions, such as anti-inflammatory medications and rest. With more than 1000 references and 530 illustrations, Dr. Michaud's text on human locomotion presents a logical approach to the examination, assessment, treatment and prevention of gait-related injuries. Beginning with a complete review of the evolution of bipedality, this textbook goes on to describe the functional anatomy of each joint in the lower extremity, pelvis, and spine. This information is then related to normal and abnormal motions during the gait cycle, providing the most comprehensive description of human locomotion ever published. Human Locomotion also discusses a wide range of conservative interventions, including a detailed guide to manual therapies, a complete review of every aspect of orthotic intervention, along with illustrated explanations of hundreds of rehabilitative stretches and exercises. The final chapter summarizes state-of-the-art, proven conservative treatment interventions, providing specific protocols for dozens of common gait-related injuries, including Achilles tendinitis, plantar fasciitis, stress fractures and hamstring strains. Whether you are a chiropractor, physical therapist, pedorthist or podiatrist, this text provides practical information that will change the way you practice.

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Date : Published December 1st 2011 by Createspace Independent Publishing Platform

ISBN : 9781979528795

Author : Thomas C. Michaud

Format : Paperback

Genre :

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