



Postural Disorders and Musculoskeletal Dysfunction: Diagnosis, Prevention and Treatment, 1e

By Gill Solberg

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This title is an evidence based book that connects the theoretical and practical aspects of human movement and posture and provides basic information for therapists working with people with postural disorders. Practical material is approached area by area so that therapists can easily access the information they require. The anatomy and kinesiology of the locomotor/musculoskeletal system is covered and common pathologies and postural disorders reviewed.

- Accessible writing style supported by large number of illustrations (line and photograph)
- Connects theoretical and practical aspects of human movement and posture
- Comprehensive
- Links anatomy, kinesiology and posture
- Evidence-based

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Editorial Review

Review

"Dr Solberg has managed to produce an easy to use, comprehensive guide to posture in this book. He has taken each area of the body and shown how it is affected by postural changes, described them in easy to understand terms and given a great range of exercises to help with them. The exercises and poses are both clear and self-explanatory with good use of photos... The step by step approach in the book reflects the process needed to deal with any musculoskeletal problem and I highly recommend it." **'Health Matters', Swindon 105.5, 2009**

"This is a useful book for therapists working in the field of postural disorder and deformity and would also be an excellent tool for students especially OT and Physiotherapy students. The book would also be a useful read for clinicians working in paediatrics. I found the book to be a really useful read, and the type of book you can pick up and review a chapter at a time. It is laid out in a very easy to read format with some excellent illustrations and photos." **Posture and Mobility, Vol 26:2, 2009**

"Solberg introduces a very holistic approach to the physical problems described, incorporating psychomotor diagnosis and influences from the schools of Yoga and Pilates. For the recently qualified therapist or professional beginning to work with a young population with movement disorders this would provide a reasonable first text with which to approach such a patient group." **Physical Therapy Reviews, March 2011**

"This book is intended for anyone who works in the field of human movement such as orthopaedics, physical therapy, occupational therapy, therapeutic sports, hydrotherapy, yoga and Pilates...this book does successfully meet its claim of using the correct amount of technical language thus allowing it to be understood by a diverse range of readers...the book does succeed in raising awareness of the importance of posture and the impact of posture on prevention, diagnosis and treatment and, for this alone it would be a useful read." **In Touch, Summer 2012**

About the Author

Dr. Gill Solberg is a graduate of the Zinman College at the Wingate Institute, Israel, with a specialization in postural disorders. During his graduate studies he specialized in Clinical Kinesiology and Adapted Physical Activity for populations with special needs. His doctoral thesis was on this subject.

For 12 years Dr. Solberg has been a diagnostician and head therapist at the Holon Therapeutic Sport Center in Israel and was also in charge of hydrotherapy and adapted movement for children with postural disorders.

Since 1994 he is a lecturer at the Seminar Hakibbutzim Teachers College and at the Zinman College of Physical Education and sport sciences at the Wingate Institute. He also conducts inservice courses for rehabilitative movement therapists. Dr. Solberg has published many articles and has presented his work at many professional conventions around the world.

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