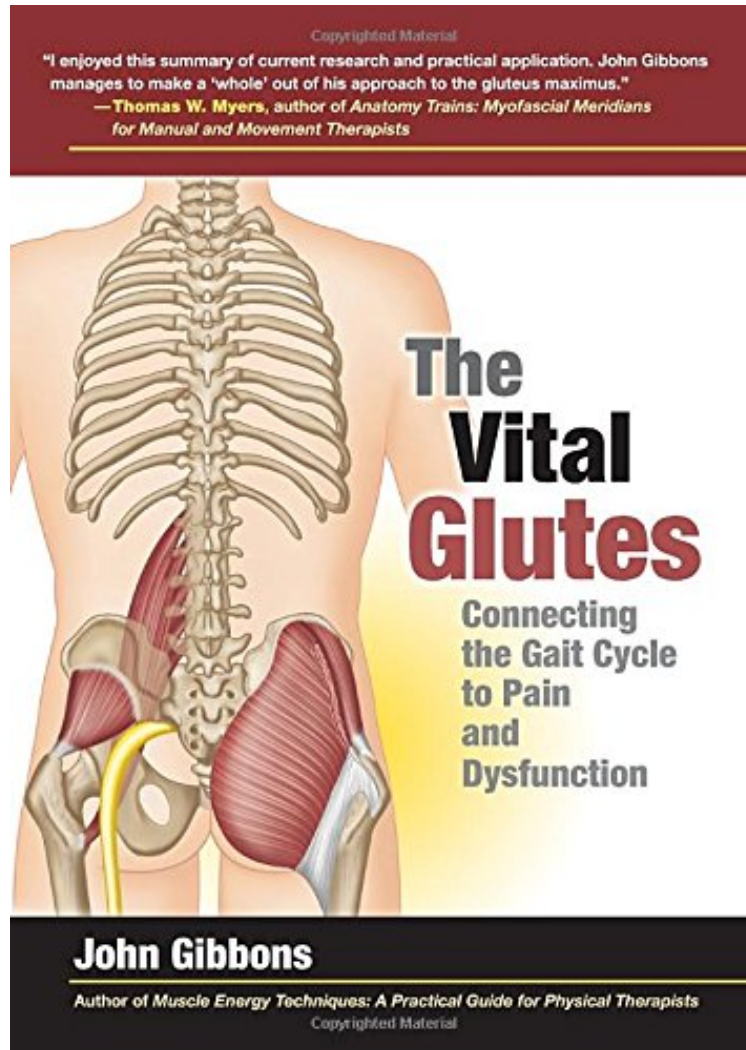


(Free) The Vital Glutes: Connecting the Gait Cycle to Pain and Dysfunction

The Vital Glutes: Connecting the Gait Cycle to Pain and Dysfunction

John Gibbons

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John Gibbons : The Vital Glutes: Connecting the Gait Cycle to Pain and Dysfunction before purchasing it in order to gage whether or not it would be worth my time, and all praised The Vital Glutes: Connecting the Gait Cycle to Pain and Dysfunction:

50 of 53 people found the following review helpful. Not for lay people, for physical therapistsBy anotherreaderThis book is written for physical therapists, not lay people. I've had 2 semesters of anatomy in dental school and have struggled with this book. A glossary would be a big help. A huge amount of background medical knowledge is assumed. Illustrations also assume background medical knowledge...points of rotation are not always given, but

assumed, not everything is labeled, for example. "Tension in the sacrotuberous ligament can be increased by posterior rotation of the innominate bone relative to the sacrum, by nutation of the sacrum relative to the innominates, or by contraction of the four muscles--biceps femoris, piriformis, Gmax, and multifidus--that attach to it." p. 28. Just call it a physical therapy text book. 0 of 0 people found the following review helpful. Five Stars By Steven Steinbaum 0 of 0 people found the following review helpful. The Glutes By Ger de Loughry Brilliantly written. So simple, interesting and thought provoking.

In *The Vital Glutes*, author and respected bodywork specialist John Gibbons looks at one of the most neglected areas of the body: the gluteal muscles. He takes readers on a fascinating journey of enlightenment, teaching us to recognize pain and dysfunctional patterns that arise from the gluteal muscles. Gibbons addresses such questions as: Why do the gluteals potentially cause pain and dysfunction in distant sites of the body? How does the gait pattern contribute to pain and dysfunction? And, how can the application of gluteal-specific Muscle Energy Techniques aid full-body well-being? In addition, he provides step-by-step techniques to identify and correct a number of impaired patterns as well as functional gluteal exercises that promote recovery. With full color photographs and illustrations, the book demonstrates how to perform functional assessment testing for the muscles of posture that can become chronically tight a principal causative factor in dysfunctional glutes. Therapeutic techniques, including gluteal exercises, show how to correct dysfunction and reduce pain. This book will be of great value to physical therapists, athletes, and anyone interested in bodywork.

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About the Author JOHN GIBBONS is a registered osteopath with the General Osteopathic Council, specializing in the assessment, treatment, and rehabilitation of sports-related injuries, for the University of Oxford. Gibbons delivers advanced therapy training to qualified professionals within the Premiership football and rugby sectors. He has written many articles on various aspects of physical therapy, which have been published through the Federation of Holistic Therapists, SportEx, Massage World, and the Sports Injury Bulletin.