

POSTURAL CORRECTION

An illustrated guide
to 30 pathologies



JANE JOHNSON

HANDS-ON GUIDES
FOR THERAPISTS



Online Postural Correction Jane Johnson

Alton Cornelius Johnson



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Postural Correction Jane Johnson, 2015-11-03 *Postural Correction* presents 30 of the most commonly occurring postural conditions in a comprehensive format providing hands on therapists and body workers the knowledge and resources to help clients address their malalignments Focusing on treatment rather than assessment it takes a direct approach and applies specific techniques to improve posture from an anatomical rather than aesthetic perspective Primarily concerned with the lengthening of shortened tissues to help realign body parts *Postural Correction* offers a collective approach to remedying malalignment Techniques vary for each posture correction including deep tissue massage simple passive stretches soft tissue release common trigger points and gentle limb traction Because weak or poorly functioning muscles may contribute to postural problems the text notes what muscles need to be strengthened and includes recommendations on techniques Suggestions also are made for those postures that are difficult to correct with hands on techniques such as scoliosis genu valgum knock knees and genu varum bow legs Recognizing that the work clients can carry out independently is a crucial component of long term postural correction this guide includes information on how clients can continue their therapy independently between or at the conclusion of their therapy sessions Therapists can take these techniques and recommendations to advise educate and guide clients in their efforts Much attention is paid to lifestyle activities and habitual use or resting of a body part that may have led to the initial pain and malalignment Structured by anatomical regions of the body to make accessing information quick and easy *Postural Correction* tackles postural concerns commonly affecting the spine pelvis upper limbs including the shoulder and elbow and lower limbs including the hip knee ankle and foot Examples from various sports and demographics such as the elderly offer contextual and applied value Descriptions avoid biomechanical jargon and instead focus on simple clear explanations Information is also included for when hands on techniques are limited in correcting a particular posture Special features make this book unique and useful Full color anatomical illustrations and photographs present a clear visual of what will help bring about postural change Consistency with the other titles in the *Hands On Guides for Therapists* series ensures that the manual therapies throughout this book are easily accessible An overview of each malalignment includes the muscles that are shortened or lengthened notes about each posture a bulleted list of ideas grouped according to whether these are carried out by the therapist or the client and rationale for the suggested corrective techniques Concluding comments summarize the information for access at a glance Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam

Soft Tissue and Trigger Point Release Jane Johnson, 2019-01-02 *Soft Tissue and Trigger Point Release* Second Edition is a practical guide to understanding and applying soft tissue release STR including how it can be used to deactivate trigger points and maximize patient outcomes of treatment and rehabilitation Whether you are a student or a professional the detailed instruction and

numerous photos will help you gain proficiency and confidence in applying these techniques Soft Tissue and Trigger Point Release thoroughly explains the differences between the three types of STR passive clients do not help active assisted clients and therapists work together and active clients do it on their own and provides step by step descriptions for performing each type This edition incorporates new content on how soft tissue release may be used to deactivate trigger points aiding in the treatment of musculoskeletal pain Additional updates include the following More than 150 new photographs and 21 new anatomical illustrations Guiding arrows overlaid on photos to show the direction in which to apply pressure Illustrations of trigger points found in 21 muscles New descriptions of the use of active assisted STR on the iliotibial band ITB infraspinatus biceps brachii and triceps New sections describing how to apply active STR to gluteals trapezius scalenes rhomboid and pectoral muscles Instruction for applying passive STR to shoulder adductors Case studies providing examples of how STR was used with four clients with differing problems Complementing each technique are information on the key holds moves and stances for various muscles and handy reference charts indicating the types of clients and situations for which each technique is particularly useful The full color photos depict the locks and stretches while some of the more difficult techniques are accompanied by photos showing the position of the therapist and a skeletal overlay on the client so you can pinpoint the specific muscle being targeted The book also explains how to use alternative options such as massage tools and forearms fists and elbows to protect your hands and thumbs from overuse Tip boxes offer practical comments on applying the techniques while Client Talk boxes provide insight into real world situations Soft Tissue and Trigger Point Release also shows you how to incorporate the proper techniques into a treatment program It guides you through the consultation process and provides examples of initial questions to ask clients and various assessment forms to use in identifying clients needs Using case studies and comparisons you will learn how the data gleaned from clients can guide the design of an effective treatment program Soft Tissue and Trigger Point Release Second Edition is part of the Hands On Guides for Therapists series

developed to provide the best clinical and educational resources available for those in bodywork professions *Postural Correction* Jane Johnson,2015 **Postural Correction** Mcsp Jane Johnson (Msc),2016 **Spine Surgery 2-Vol Set**

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Indianapolis Monthly, 2001-12 Indianapolis Monthly is the Circle City's essential chronicle and guide an indispensable authority on what's new and what's news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy's cultural landscape

Science Citation Index, 1994 Vols for 1964 have guides and journal lists *The New York Times Index*, 1999 **The Nation**, 1974-07 *Postural Correction* Alton Cornelius Johnson, 194? **Posture Correction** Mira Skylark, AI, 2025-03-18

Posture Correction addresses the widespread issue of poor posture and its impact on overall health offering a self help guide to understanding and improving spinal alignment Did you know that poor posture can negatively affect not only chronic pain and fatigue but also breathing and digestion The book emphasizes proactive intervention through targeted exercises lifestyle adjustments and ergonomic awareness to combat these effects It distinguishes itself by providing a user friendly step by step approach to posture correction tailored to individual needs The book begins by outlining the foundational principles of spinal alignment and muscle imbalances It then progresses to practical techniques like stretching and strengthening exercises along with ergonomic modifications for daily routines Readers will learn how to integrate postural awareness into everyday life forming habits for long term maintenance This approach empowers individuals to take control of their physical well being and prevent future health problems related to poor spinal health

How to Improve Posture Cynthia Elliot, 2014-09-13 If you're ready to improve your posture then this book is for you Posture is the art of carrying oneself around and it tells others around you a lot about your thoughts attitude and mood at that moment Your posture is also the result of your physical fitness Maintaining good posture is an involuntary act When your posture is not good voluntary correction is needed in order to override your involuntary posture and replace it with a better posture This needs persistent practice and continuous conscious correction of minute body language details This book will take you through the fundamental facts about posture the deleterious effects of bad posture why it's necessary to maintain good posture and the effects of good posture on your body and mind If you want to solve problems with your posture and generally improve the way you carry yourself this is the book for you

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