

Contents

<i>Foreword by IHM Curwen</i>	<i>vii</i>
<i>Foreword by William Tegner</i>	<i>ix</i>
<i>Preface to the Fourth Edition</i>	<i>xi</i>
<i>Preface to the First Edition</i>	<i>xiii</i>

PART I

1. Mechanical Principles	1–20
2. An Introduction to Movement	21–27
3. An Introduction to Exercise Therapy	28–34
4. Starting Positions	35–43
5. Derived Positions	44–63
6. Active Movement	64–83
7. Relaxation	84–91
8. Passive Movement	92–96

PART II

9. An Introduction to Neuromuscular Facilitation	97–100
10. Proprioceptive Neuromuscular Facilitation	101–113
11. Functional Re-education: Lying to Sitting	114–129
12. Functional Re-education: Sitting Activities and Gait	130–141
13. Functional Re-education: Limb Activity	142–151

PART III

14. Joint Mobility	152–157
15. Technique of Mobilising Joints	158–191

PART IV

- 16. Muscle Strength 192–207
- 17. Technique of Strengthening Muscles 208–268

PART V

- 18. Neuromuscular Co-ordination 269–278
- 19. Posture 279–289
- 20. Mobility Aids 290–297

PART VI

- 21. Individual, Group and Mass Treatment by Exercises 298–302
- 22. Schemes of Exercises 303–306
- 23. Instructing the Patient 307–312
- Terminology* 313–315
- Bibliography* 317–318
- Index* 319–324