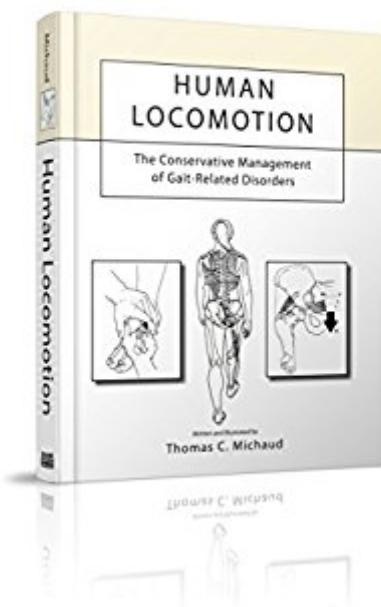


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# Human Locomotion: The Conservative Management Of Gait-Related Disorders



## Synopsis

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the widespread prevalence of gait-related injuries, the majority of health care practitioners continue to rely on outdated and ineffective treatment protocols emphasizing passive interventions, such as anti-inflammatory medications and rest.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.

## Book Information

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## **Customer Reviews**

Anything you would want to know about human locomotion is probably in this book. It's a pretty dense read with lots of research to back it up. I found some parts to be difficult to read and apply to clinical practice, so it took me a long time to get through the book (I've actually attempted to read it several times and failed). I would use this more as a reference text and wouldn't encourage anyone to read it all the way through at a given time. I've also found that some sections are more applicable than others. Definitely a good book for anyone treating runners though.

Another DACBSP recommended this text to me as a tremendous resource. This is my can't put down reference text and I'm so greatful that I purchased this. If you are going to deal with athletes then this book is a must. It always amazed me that even after the advanced degrees and certifications there can still be a significant gap in your knowledge in certain clinical areas. For me this area seemed to be one that school and post doctoral training just glossed over and didn't provide the depth I wanted to be able to help every patient. This text will fill those gaps and calm any fears as you will soon realize that this is a game changer in your clinical practice.

Michaud has made a major contribution to the evolution, and biomechanics of human motion. In addition, he has explained what treatments work in motion-related injuries, and why others don't. Michaud (who is the running therapist to the marathoning stars) has done it all, the research, the brilliantly simple writing, and the breath-taking artwork. Nothing like this has previously existed in the field. A must-read for especially endurance athletes and those who treat them.

Excellent service and amazing product. Even came with a personalized letter from the author.

The book was well written with plenty of illustrations. It is a good start to learn bio-mechanism.

This is a brilliant book and a "must have" for all practitioners dealing with musculoskeletal problems. The historical chapter really makes you understand why muscles and bones are the shape they are and why they function like they do. When you understand these things, you never

forget them! I have been a chiropractor for 33 years and realised over 15 years ago how important it was to look at patients' movement patterns, gait function and muscle strength and weakness, tightness and inhibition. If you ignore these aspects of a patient, you do them a great disservice and you cannot possibly help them to reduce recurrences of back pain. This is a unique opportunity to read about all of these potential contributions to patients' joint pains in one book - I have never read a book that brings all of these subjects together before along with treatment protocols. The author has illustrated this book with drawings that show how the mechanics of the body change with particular problems; how to best examine muscle length and strength and treatments. All patients walk and they all have gait problems - we need to understand the effect these have on the body as a whole and this book does just that. If you want to reduce the tendency to chronicity in a patient using an evidence based, highly readable book then this is a must in your clinic library.

A great book, with loads of detail covering lower limb functional anatomy, the gait cycle and discussion of abnormalities of this cycle. Very in-depth details and worthy of buying for all biomechanical minded podiatrist. Thanks Thomas!

Great book for biomechanics and functional orthopedics. Came highly recommended by my professor, and I truly believe it was worth the investment.

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