



Les tensions musculaires: Du diagnostic au traitement (French Edition)

Serge Tixa, Gilles Péninou

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Cet ouvrage est consacré à la prise en charge des tensions musculaires (ou contractures) par la thérapie manuelle. Cette technique est fondée sur un concept de thérapie manuelle largement diffusée en médecine manuelle, en ostéopathie et kinésithérapie de ville.

Chacun des 9 chapitres de l'ouvrage est consacré à une région du corps (cou, thorax, épaule, coude, poignet et main, région abdomino-lombale, hanche, genou, cheville et pied) et adopte le plan suivant :

- action musculaire en situation de fonction,
- recherche palpatoire de la contracture,
- interprétation du bilan palpatoire et diagnostic,
- traitement de la contracture.

3 grandes régions du corps sont examinées : cou et tronc, membre supérieur et membre inférieur. Pour chaque région est proposée une introduction régionale, pour chaque chapitre une introduction locale.

462 photographies réalisées en situation sont réparties sur les 9 chapitres. Ces photographies sont accompagnées d'un texte de légende très détaillé qui déroulent le geste (test et levée) étape par étape. Des croquis sont introduits pour illustrer la biomécanique. **462 photographies** réalisées en situation sont réparties sur 9 chapitres, consacrés à une région du corps (cou, thorax, épaule, coude, poignet et main, région abdomino-lombale, hanche, genou, cheville et pied). Elles sont accompagnées d'un texte de légende très détaillé qui déroulent le geste (test et levée) étape par étape.

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