



Length Tension Testing Book 2, Upper Quadrant: A Workbook of Manual Therapy Techniques

Paolo Sanzo, Murray MacHutchon

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Length Tension Testing Book 2, Upper Quadrant provides clear and comprehensive descriptions and illustrations for assessing flexibility and length tension in the muscles of the upper quadrant. It includes techniques for the cervical spine, temporomandibular joint, thoracic spine, shoulder, elbow, and wrist and hand.

Each technique listing includes concise, standardized descriptions of the actions and positions involved, high-quality colour photos and alternative positions to accommodate patient variability and comfort. Most of these tests can be adapted into treatment techniques. This resource will help physiotherapists, kinesiologists, chiropractors, and massage therapists improve patient care, and it will be an invaluable reference for students at the college and university level.

Also available: *Length Tension Testing Book 1, Lower Quadrant*.

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