



# Whiplash, Headache, and Neck Pain: Research-Based Directions for Physical Therapies, 1e

*Gwendolen Jull PhD MPhty Grad Dip Man Ther FACP, Michele Sterling PhD MPhty BPhy Grad Dip Manip Physio FACP, Deborah Falla PhD B Phy(Hons), Julia Treleaven PhD B Phy, Shaun O'Leary PhD M Phy St(Manip Ther) B Phy(Hons)*

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A textbook and practical clinical handbook for all students and practitioners concerned with the evaluation, diagnosis, assessment and management of neck pain and cervical headache particularly in relation to whiplash. It is likely to become essential study for final year physiotherapy and chiropractic students, for all manipulative physiotherapy MSc students and a widely used clinical ref text for all involved in the assessment and management of whiplash and related neck and head pain.

? This book presents the applied sciences, clinical assessment methods and rehabilitation protocols for the management of persons with neck pain.

? The material presented in this book represents the translation of research into clinical practice and provides a systematic approach to assessment and an evidence base for conservative clinical management strategies for neck pain.

? Unique topics in this book include:

- Provides an understanding of the pathophysiological processes in the sensory, motor and sensorimotor systems and how they present in patients with neck pain disorders.
- Presents multimodal approaches to management of neck pain guided by the evidence of presenting dysfunctions
- Presents a comprehensive description of a therapeutic exercise approach based on motor control which has proven efficacy.

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