

CONTENTS

Chapters	Page No.
INTRODUCTION	XXV-XXXII
CHAPTER 1: CERVICAL SPINE	1-34
1.1. Natural Apophyseal Glides (NAGs)	3-6
1.2. Reverse NAGs	7-9
1.3. Sustained Natural Apophyseal Glides (SNAGs)	9-13
1.4. Functional SNAGs/Cervical MWMs	13-16
1.5. Fist Traction	17-18
1.6. Segmental Traction for Cervical Spine	19-20
1.7. Forearm Traction for Cervical Spine	20-21
1.8. Assessment of Cervicogenic Headache	21-22
1.9. Headache SNAGs with Headache	23-24
1.10. Reverse Headache SNAGs with Headache	25-26
1.11. Headache SNAGs without Headache	26-28
1.12. Vertigo SNAGs	28-30
1.13. Self-SNAGs	31-34
CHAPTER 2: THORACIC SPINE	35-48
2.1. Segmental Traction for Thoracic Spine	37-38
2.2. Sustained Natural Apophyseal Glides (SNAGs)	38-41
2.3. Self-SNAGs for Thoracic and Lumbar Spine	42
2.4. MWMs for Intercostal Joints/Space	43-46
2.5. MWMs for Costochondral/Costovertebral Joints	46-47
2.6. MWM for 1 st Rib	47-48
CHAPTER 3: LUMBAR SPINE	49-64
3.1. Segmental Traction for Lumbar Spine	51-52
3.2. Sustained Natural Apophyseal Glides (SNAGs)	52-60
3.3. Bent Leg Raise (BLR) Technique	60-62
3.4. Two Leg Rotation Technique/Gate Technique	63-64

CHAPTER 4: SACRO-ILIAC JOINT

65-80

- 4.1. Anterior Innominate Dysfunction (Postero-Medial MWM) 67-71
- 4.2. Posterior Innominate Dysfunction (Antero-Lateral MWM) 72-74
- 4.3. MWMs for Up-Slip/Down-Slip Dysfunction 74-75
- 4.4. MWMs for Anterior Tilt Dysfunction 76-77
- 4.5. MWMs for Posterior Tilt Dysfunction 77-78
- 4.6. MWMs for Nutation/Counter-Nutation Dysfunction 78-79

CHAPTER 5: HIP JOINT

81-100

- 5.1. MWM for Hip Flexion (Non-Weight Bearing) 83-84
- 5.2. MWM for Hip Internal/External Rotation (Non-Weight Bearing) 85-86
- 5.3. MWM for Hip Extension (Non-Weight Bearing) 86-87
- 5.4. MWM for Positive Faber Test 87-88
- 5.5. MWM for Hip Abduction (Weight Bearing) 88-89
- 5.6. MWM for Hip Extension (Weight Bearing) 90-91
- 5.7. MWM for Hip Flexion (Weight Bearing) 91-92
- 5.8. MWM for Hip Internal/ External Rotation (Weight Bearing) 93-94
- 5.9. MWM for Hip Abduction (Tight Adductors) 94-96
- 5.10. MWM for Hip Extension (Tight Quadriceps) 97-98
- 5.11. Traction SLR 98-99
- 5.12. Compression SLR 99-100

CHAPTER 6: KNEE JOINT

101-122

- 6.1. Medial MWM for Knee Extension 103-104
- 6.2. Medial MWM for Knee Extension with Belt 105-106
- 6.3. Medial MWM for Knee Flexion 106-107
- 6.4. Medial MWM for Knee Flexion with Belt 107-108
- 6.5. Lateral MWM for Knee Extension 108-109
- 6.6. Lateral MWM for Knee Extension with Belt 109-110
- 6.7. Lateral MWM for Knee Flexion 110-112
- 6.8. Lateral MWM for Knee Flexion with Belt 112-113
- 6.9. Rotational MWM (Medial) 113-115
- 6.10. Rotational MWM (Lateral) 115-117
- 6.11. Squeeze Technique 117-118
- 6.12. MWM for Terminal Knee Flexion 119
- 6.13. MWM for Superior Tibio-Fibular Joint 120-122

