

## The Malalignment Syndrome E-Book: Implications for Medicine and Sport

By Wolf Schamberger




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Lack of appreciation and knowledge of the malalignment syndrome often leads to a failure to notice the possible aetiological or predisposing factors contributing to many musculoskeletal problems. Recognition of the syndrome by physicians, chiropractors, osteopaths, podiatrists, physiotherapists, kinesiologists, sports trainers and others dealing with patients and athletes (including equine) can help them implement appropriate treatment and training to correct the malalignment and actually prevent the initial occurrence of symptoms.

Now in its second edition, *The Malalignment Syndrome* has established itself as a trusty one-stop reference providing a detailed description of this syndrome and how it can be identified and treated. It concentrates on the trunk, pelvis, spine, sacroiliac joint and legs, incorporating anatomy, biomechanics, stability issues, possible causes, examination and diagnostic techniques as well as a comprehensive treatment approach. Emphasis is also placed on the participation of the patient/athlete in the day-to day treatment process to achieve long-term results.

- Evidence-based practical advice and guidance
- Multidisciplinary in approach
- Highly illustrated with photographs, diagrams and anatomical models
- Recognizes the importance of prevention as well as treatment
- Summary and case boxes
  
- Over 100 new illustrations
- Additional examination techniques to facilitate diagnosis
- Extensively rewritten for easier reading
- Contributions by David Lane (Chapter 6: Horses, Saddles and Riders), Sarah Stevens and Karina Steinberg (Chapter 8: Treatment: The Manual Therapy Modes)
- Focuses on diagnosis/treatment of malalignment-related pelvic, leg and back pain

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**Bibliography**

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### Editorial Review

Review

#### FIRST EDITION REVIEWS:

‘As a clinician, academic, and researcher, I have found the level of detail in this book excellent. The authors and contributors have provided comprehensive material that is well supported by research evidence where available.’ **Gregory Kolt, British Journal of Sports Medicine (2004; 38: 506-507)**

‘This is a bright, refreshing, easily-read book, which features a vast number of high-quality diagrams and photographs...the author’s coverage of the subject is concise, elaborate and well-referenced...This book is an invaluable reference for doctors and physiotherapists in sports medicine and I am sure it will stand the test of time’ **Tom Nolan, Physiotherapy (2003; 89: 6)**

‘...an excellent and highly recommended book that should be found on every practitioner’s shelf’ **David J. Szaraz, Journal of Manipulative and Physiological Therapeutics (July/August 2003)**

‘The book is cleverly written and presented so that enthusiasts of biomechanics can use it as a problem-solving reference book or read it from cover to cover without getting bored...This book is a must for all clinicians dealing with problems associated with the human musculoskeletal system and I am confident that it will not collect dust.’ **N. Padhiar, Physical Therapy in Sport (2003; 98: 4)**

### Users Review

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