

Lohkamp, Monika, Herrington, Lee and Small, Katie ORCID:
<https://orcid.org/0000-0001-7908-7441> (2024) Neurodynamics. In: Aggarwal,
Rajeev, (ed.) Tidy's physiotherapy: South Asia edition. Elsevier, New Delhi, India,
pp. 599-616.

Downloaded from: <http://insight.cumbria.ac.uk/id/eprint/8629/>

Usage of any items from the University of Cumbria's institutional repository 'Insight' must conform to the following fair usage guidelines.

Any item and its associated metadata held in the University of Cumbria's institutional repository Insight (unless stated otherwise on the metadata record) may be copied, displayed or performed, and stored in line with the JISC fair dealing guidelines (available [here](#)) for educational and not-for-profit activities

provided that

- the authors, title and full bibliographic details of the item are cited clearly when any part of the work is referred to verbally or in the written form
 - a hyperlink/URL to the original Insight record of that item is included in any citations of the work
- the content is not changed in any way
- all files required for usage of the item are kept together with the main item file.

You may not

- sell any part of an item
- refer to any part of an item without citation
- amend any item or contextualise it in a way that will impugn the creator's reputation
- remove or alter the copyright statement on an item.

The full policy can be found [here](#).

Alternatively contact the University of Cumbria Repository Editor by emailing insight@cumbria.ac.uk.



SOUTH ASIA EDITION

Tidy's Physiotherapy

STUART PORTER

Adaptation Editor
RAJEEV AGGARWAL





ELSEVIER

RELX India Pvt. Ltd.

Registered Office: 818, Indraprakash Building, 8th Floor, 21, Barakhamba Road, New Delhi-110001, India

Corporate Office: 14th Floor, Building No. 10B, DLF Cyber City, Phase II, Gurgaon-122002, Haryana, India

Tidy's Physiotherapy, 15e, Stuart B. Porter

Copyright © 2013 by Elsevier Ltd. All rights are reserved, including those for text and data mining, AI training, and similar technologies.

Publisher's note: Elsevier takes a neutral position with respect to territorial disputes or jurisdictional claims in its published content, including in maps and institutional affiliations.

ISBN: 978-0-702-04344-4

This adaptation of Tidy's Physiotherapy, 15e, by Stuart B. Porter was undertaken by RELX India Private Limited and is published by arrangement with Elsevier Ltd.

Tidy's Physiotherapy: South Asia Edition

Adaptation Editor: Rajeev Aggarwal

Copyright © 2025 by RELX India Pvt. Ltd. All rights are reserved, including those for text and data mining, AI training, and similar technologies.

Adaptation ISBN: 978-81-312-6816-2

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information storage and retrieval system, without permission in writing from the publisher. Details on how to seek permission, further information about the Publisher's permissions policies and our arrangements with organizations such as the Copyright Clearance Center and the Copyright Licensing Agency, can be found at our website: <http://www.elsevier.com/permissions>.

This book and the individual contributions contained in it are protected under copyright by the Publisher (other than as may be noted herein).

Notice

The adaptation has been undertaken by RELX India Private Limited at its sole responsibility. Practitioners and researchers must always rely on their own experience and knowledge in evaluating and using any information, methods, compounds or experiments described herein. Because of rapid advances in the medical sciences, in particular, independent verification of diagnoses and drug dosages should be made.

To the fullest extent of the law, no responsibility is assumed by Elsevier, authors, editors or contributors in relation to the adaptation or for any injury and/or damage to persons or property as a matter of products liability, negligence or otherwise, or from any use or operation of any methods, products, instructions, or ideas contained in the material herein.

This publication is licensed for sale in India, Bangladesh, Bhutan, Maldives, Nepal, Pakistan and Sri Lanka only. Circulation of this version outside these territories is unauthorized and illegal.

Content Strategist: Chandan Kumar

Content Project Manager: Anand K Jha

Sr Production Executive: Dhan Singh

Sr Cover Designer: Milind Majgaonkar

Printed in India by

CONTENTS

SECTION I

Physiotherapy as Profession 1

- 1 Physiotherapist as a Health Care Professional: The Roles and Responsibilities 3
RAJEEV AGGARWAL | SANJIV JHA

SECTION II

Fundamentals of Physiotherapy 15

- 2 Therapeutic Exercises 17
DUNCAN MASON | ANIL KUMAR ORAON

- 3 Muscle Imbalance 51
ALAN CHAMBERLAIN | WENDY MUNRO |
ALEC RICKARD | CHANDAN CHAWLA

- 4 Biomechanics 79
JIM RICHARDS | AMBREEN CHOCHAN |
RENUKA ERANDE

- 5 Soft Tissue Manipulation 120
JOAN M. WATT | SHAGUN AGARWAL

- 6 Pain 141
LESTER JONES | G. LORIMER MOSELEY |
CATHERINE CARUS

- 7 Electrophysical Agents 165
TIM WATSON

- 8 Diagnostic Imaging and Radiology for Physical Therapists 208
YATISH AGARWAL | CHIRAG JAIN |
AANCHAL BHAYANA

SECTION III

Physiotherapy in Musculoskeletal Conditions 225

- 9 Musculoskeletal Assessment 227
LYNNE GASKELL | DIPTI MAHAPATRA

- 10 Physiotherapeutic Management of Inflammation, Healing, and Repair 274
JANETTE GREY | GILLIAN RAWLINSON |
MEGHA NIJHAWAN

- 11 Management of Sports Injuries 300
HILARY PAPE | AMIT TYAGI | APURV P SHIMPI

- 12 An Introduction to Fractures 315
HELEN ALSOP AND THE EXECUTIVE COMMITTEE
OF THE ASSOCIATION OF ORTHOPAEDIC
CHARTERED PHYSIOTHERAPISTS

- 13 Joint Arthroplasty 347
ANN PRICE

- 14 Physiotherapy for People With Major Amputation 364
CAROLYN A. HALE | ANIL KUMAR ORAON

- 15 Orthotics and Prosthetics 384
SAPNA MANGLA | G PANDIAN

SECTION IV

Physiotherapy in Cardiopulmonary Conditions and Intensive Care Units 397

- 16 Management of Respiratory Diseases 399
STEPHANIE ENRIGHT | FIONA M. SCHREUDER |
MARIYA SCHREUDER | MARIYA PRAKASH JIANDANI

- 17 Adult Spontaneous and Conventional Mechanical Ventilation 448
SUE PIERI-DAVIES | HELEN CARRUTHERS |
MELANIE REARDON | SUMANTA GHOSH

- 18 Physiotherapy in an Intensive Care Unit 468
VANDANA DUA | GHUFRAN JALEEL |
RAJEEV AGGARWAL

- 19 Cardiac Rehabilitation 497
SUSHMA SANGHVI | KUSHAL MADAN

20	Physiotherapy in Thoracic Surgery	522	27	Domiciliary Physiotherapy	701
	ANNE DYSON KELLY L. YOUD MAYANK SHUKLA			GAGAN KAPOOR	
SECTION V					
Physiotherapy In Neurological Conditions				539	
21	Neurological Physiotherapy	541	28	Tele-Physiotherapy	714
	NALINA GUPTA HARPREET SINGH SACHDEV			RAJEEV AGGARWAL DHANESH KUMAR K U	
22	Physiotherapy in Parkinson's Disease and Other Movement Disorders	578	29	Basic Ergonomics	721
	RAJEEV AGGARWAL ZUBINA KHAN			ANIL KUMAR ORAON NITIN DHAR	
23	Neurodynamics	599	<i>Index</i>		734
	MONIKA LOHKAMP LEE HERRINGTON KATIE SMALL		SECTION VIII*		
SECTION VI				Online Chapters	e1
Physiotherapy in Women and Elderly				617	
24	Geriatric Physiotherapy	619	30	Collaborative Health and Social Care, and the Role of Interprofessional Education	e2
	RUCHIKA MADAN ANOOP AGGARWAL			ALISON CHAMBERS LYNN CLOUDER MANDY JONES JILL WICKHAM	
25	Physiotherapy in Women's Health	638	31	Clinical Leadership	e22
	GILL BROOK TAMSIN BROOKS YVONNE COLDRON RUTH HAWKES JUDITH LEE MELANIE LEWIS JACQUELYNE TODD KATHLEEN VITS LIZ WHITNEY			ALISON CHAMBERS	
SECTION VII					
New Avenues in Physiotherapy				673	
26	Yoga in Physiotherapy	675	32	Reflection	e36
	NILIMA PATEL			SARAH PRENTON LINDSEY DUGDILL LINDA HOLLINGWORTH	
			33	Changing Relationships for Promoting Health	e55
				SALLY FRENCH JOHN SWAIN	
			34	Pharmacology	e81
				NICHOLAS T.L. SOUTHORN	
			35	Acupuncture in Physiotherapy	e97
				ANDREW BANNAN	

*For Section VIII chs, visit associated website with this book at www.medenact.com