

Headaches Posture Cervical Spine

overview of manual therapy assessment and treatment of the ... - overview of manual therapy assessment and treatment of the cervicothoracic spine megan casey douglas, pt, dpt, mtc, ocs
megan casey douglas, pt, dpt, mtc, **cervical traction - medsource llc** - " 1 " cervical traction distinguishing features and benefits 2 cervical traction frequently asked questions 2 evidence for saunders cervical traction protocols **flexion / extension sidebending rotation** - cervical spine stretches . purpose: stretching exercises help to restore joint range of motion by lengthening shortened muscles and connective tissue, which helps to reduce pain and tightness. instructions: 1. perform highlighted stretches initially 1-2 x/day, or _____. 2. **temporomandibular disorderscore lecturehandout.ppt** - research diagnostic criteria dworkin and leresche 1992 axis i: clinical tmd conditions group i: muscle disorders i.a. myofascial pain i.b. myofascial pain with limited opening (