## **Contents**

Chapter 1	Introduction to Approaches			
	<ul> <li>Theories of Motor Control 4</li> <li>Theories of Motor Learning 11</li> <li>Theories Related to Stages of Learning Motor Skills 16</li> </ul>			
Chapter 2	Bobath Technique	20		
Chapter 3	Brunnstrom's Approach	30		
	<ul> <li>Recovery Stages According to Brunnstrom 30</li> <li>Basic Limb Synergies 31</li> </ul>			
Chapter 4	Neurodevelopmental Technique	43		
	<ul> <li>Weight-bearing over the Affected Side 47</li> <li>Trunk Rotation 48</li> <li>Position of Pelvis 48</li> <li>Proper Positioning 49</li> <li>Rationale for use of NDT Technique 49</li> <li>Postural Tone 50</li> </ul>			
Chapter 5	Rood Approach	<b>52</b>		
	<ul> <li>Basic Assumptions 52</li> <li>Principles of Treatment 54</li> <li>Sequence of Motor Development 54</li> <li>Ontogenic Motor Patterns 55</li> <li>Facilitation Techniques 56</li> <li>Inhibition Techniques 59</li> </ul>			

Manual The	ranu Annr	aaabaa in	Mauranh	, aiotharan
Manual The	ιαργ Αρρι	uaciies iii	Neuropin	/Siuliiliapy

X

Chapter 6	<b>Motor Relearning Programme</b>	62
	<ul> <li>Upper Limb Dysfunction 65</li> <li>Orofacial Functions 67</li> <li>Sitting up over the Side of Bed 69</li> <li>Balanced Sitting 70</li> <li>Standing up and Sitting down 72</li> <li>Balanced Standing 74</li> <li>Walking 76</li> </ul>	
Chapter 7	Myofascial Release	79
	• Techniques for Myofascial Release Therapy	80
Chapter 8	Proprioceptive Neuromuscular Facilitation	84
	<ul><li>Principles of PNF 85</li></ul>	
Chapter 9	Neural Tissue Mobilization	93
	Basic Principles 93	
	Tension Testing 95	
	<ul> <li>Upper Limb Tension Test-2 100</li> </ul>	
	<ul> <li>Upper Limb Tension Test-3 101</li> </ul>	
Chapter 10	Cyriax's Deep Friction Massage	107
	<ul><li>Deep Transverses Friction 107</li><li>Mode of Action 108</li></ul>	
Chapter 11	McKenzie's Approach	116
	<ul><li>The Postural Syndrome 117</li><li>Anterior Derangement 119</li></ul>	
Chapter 12	Vojta Therapy 125	
Chapter 13	Constraint-induced Movement Therapy	132

## Chapter 14 TheraTogs 135

- TheraTogs and Biomechanical Difficulties 136
- Specific Examples 137

## Appendices

139

- Appendix I 139
- Appendix II 143
- Appendix III 145
- Appendix IV 148
- Appendix V 151
- Appendix VI 155
- Appendix VII 165
- Appendix VIII 166
- Appendix IX 170

Index

177