

Preface – – – 9

A triple somersault into adulthood

Growing into medicine – – – 13

Through muscles and bones to the brain

The development of physical therapy – – – 37

Living with posture

Healthy physical development – – – 65

Crushed dreams

Incorrect physical development – – – 95

Clumsy clots and hotshots

Sensory processing functions – – – 123

Ouch, my back again

Treating pain – – – 155

There's no victory without a battle

Paralysis – – – 189

Looking, feeling, listening

Clinical diagnosis and treatment – – – 207

How much is too much?

Stress, regeneration and relaxation – – – 229

Athletic contexts

Sport and medicine – – – 251

All things have their end

Growing old and dying – – – 277

Appendix

Move like a baby – – – 301