

Acknowledgments	vi
Preface	vii
Glossary	ix
Basic techniques	x
SECTION 1 Articulation – theory and evidence	
1 Articulation techniques in the treatment of pain and movement	3
2 Introduction to movement and joints	17
3 Contraindications and considerations for articulation techniques	27
4 Therapist posture and stance	35
SECTION 2 Articulation Techniques	
5 The cervical spine	42
6 The thoracic spine	70
7 The ribcage	94
8 The lumbar spine	112
9 The pelvis and hip	134
10 The shoulder	160
11 The elbow	188
12 The wrist and hand	208
13 The knee	230
14 The ankle and foot	252
Index	281