

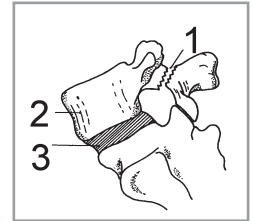
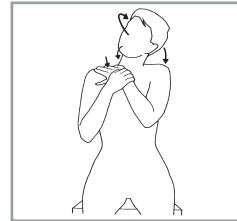
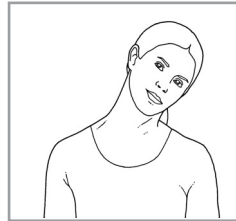
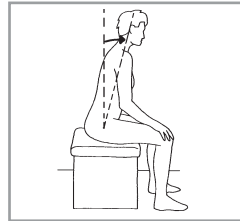


PhysioTools

Osteopathy Professional Collection

Celebrating 20 Years of Exercise Software Excellence 1987 - 2007

With PhysioTools you can create high quality personalised exercise and information handouts. Select from the world's largest professional exercise library and print in multiple languages.



Purchase Price

See price list for details

Printout Languages

English, Finnish, Swedish, Norwegian, Danish, German, French, Spanish, Dutch, Italian, Portuguese, Polish, Slovenian, Estonian, Farsi, Czech, Greek, Afrikaans

NOTE: Not all languages are available with every module

The Osteopathy Professional Collection is a cost effective way to purchase a pre-selected range of PhysioTools modules. This collection enables professionals to choose exercises from modules with osteopathic specific content.

- Great savings - pay less than purchasing the modules individually
- Contains 16 modules with over 3,800 exercises

The collection can be used with individual modules or combined with other professional collections such as Physiotherapy, Occupational Therapy, Manual Therapy, Sports and Fitness and Paediatrics.

The following modules are included in the collection:

- General Exercises plus General Exercises Photo Edition
- Lumbar Spine Dynamic Stability
- Upper Quadrant Dynamic Stability
- Cervical Spine Dynamic Stability
- Movement Impairment Correction Exercises
- Stretching
- The Knee
- Vertebral Column Examination and Treatment
- Get the Nerve to Move
- Sports and Exercise Injuries
- Back Care
- Taping Techniques
- Saunders Exercises Xpress - Basic Exercises
- Posture, Body Mechanics and Ergonomics
- Therapeutic Ball Exercises
- Thera-Band Exercises 1

If you would like to access PhysioTools on your networked computers, simply purchase a network licence which will enable the networking feature. For more than one concurrent user on your network, additional copies of the collections are required - available at a 30% discount.

Visit our website www.physiotools.com for detailed descriptions of the individual modules, including author profiles.

PhysioTools Ltd has been designing, perfecting and supporting exercise prescription software since 1987. The program is sold worldwide; on all continents. The company works with world renowned authors to bring you professional and up-to-date clinical content.

To order or request a personalised quotation
please contact your local reseller

Technical Requirements

Windows 98, ME, 2000, XP and Server 2003 (32 bit versions), 64 MB RAM, 2 GB disk space, Windows Media Player 9 (for video)

Network licence available

Contact Information

www.physiotools.com

Work with the Best

PhysioTools is the global market leader
in exercise prescription software

Osteopathy

Professional Collection

General Exercises (PT1)

A solid base for all users. Mobilising, stabilising, strengthening, stretching, cardiovascular and balance exercises for the whole body plus advice notes on sitting, walking and resting positions. (713 items) *includes video clips*

General Exercises - Photo Edition (PE1)

A solid base for all users. Mobilising, stabilising, strengthening, stretching, cardiovascular and balance exercises for the whole body plus advice notes on sitting, walking and resting positions. (713 items) *photographs and video clips*

Lumbar Spine Dynamic Stability by Mark Comerford (PX1)

Stability rehabilitation for the lumbar spine using active therapeutic exercise to correct faults in the movement system. The exercises follow the four key priorities and principles of stability rehabilitation. (102 items)

Upper Quadrant Dynamic Stability by Mark Comerford (PX7)

Stability rehabilitation for the upper quadrant using active therapeutic exercise to correct faults in the movement system. The exercises follow the four key priorities and principles of stability rehabilitation. (126 items).

Cervical Spine Dynamic Stability by Mark Comerford (PX8)

Stability rehabilitation for the cervical spine using active therapeutic exercise to correct faults in the movement system. The exercises follow the four key priorities and principles of stability rehabilitation. (135 items)

Movement Impairment Correction Exercises by Shirley Sahrman (PX11)

Specific exercises to correct faulty movement patterns and imbalances for the trunk, upper and lower quadrant. (171 items)

Stretching by Christopher Norris (PX14)

Stretching exercises for the trunk, upper and lower limb plus training advice on stretching, warm-up, breathing and massage. (124 items) *includes video clips*

The Knee by Jenny McConnell (PX16)

Advice notes, taping instructions, stretching exercises and training for gluteus medius and quads. Developed for professionals working with chronic knee pain e.g. sports injuries and osteoarthritis. (75 items)

Vertebral Column Examination and Treatment by Jan Wonnevi (PX22)

Cervical spine, thoracic spine and lumbar spine/S.I. joint examination and treatment. Reading the text and watching the video is an easy way of continuously practising and improving manual skills. (133 items) *includes video clips*

Get the Nerve to Move - Treatment Techniques and Home Exercises by David Felhendler (PX31)

Treatment techniques and home exercises designed to enhance neurodynamics. Covers major parts of the neuroaxis and sympathetic trunk and the larger peripheral nerves. (treatment techniques 162 items, home exercises 162 items) *photographs and video clips*

Sports and Exercise Injuries by Torsten Larsson and Bertil Nordström (PX37)

Information describing the relevant anatomy (shoulder, hand, hip, knee and foot), injuries as well as mechanisms of injury, tests and surgical procedures, specific conditions and advice notes. (122 items, 40 pdf posters) *colour illustrations*

Back Care by Jean Oliver (BH1)

Explains how the spine functions, advice on lying, sitting, standing, lifting and activities. Neck and back exercises (152 items)

Taping Techniques (Principles and Practice) by Rose Macdonald (BH2)

Techniques on how to apply tape, bandage, padding and slings for the shoulder, elbow, wrist, hand, fingers, thumb, knee, patella, ankle, foot and toes. (97 items, 26 author protocols)

Saunders Exercises Xpress - Basic Exercises by H. Duane Saunders (XP1)

H Duane Saunders personal selection of exercises includes mobilising, stabilising, strengthening and stretching exercises for the whole body. (947 items)

Posture, Body Mechanics & Ergonomics for the Spine & Upper Extremities by H. Duane Saunders (XP2)

Information on the spine and extremities, anatomical structure, posture/work habits, ergonomics, lifting and handling. (159 items)

Therapeutic Ball Exercises by Joanne Posner-Mayer (XP3)

Mobilising, stretching, strengthening, stabilising, cardiovascular exercises for the spine, lower and upper extremities plus training advice. (168 items)

Thera-Band® Exercises 1 (PR1)

Thera-Band® products are used as tools for rehabilitating and restoring muscle and joint functions and for improving conditioning balance and building strength. (255 items)