

symmetry chiropractic and physical therapy

symmetry chiropractic and physical therapy represents a comprehensive approach to musculoskeletal health that combines the benefits of chiropractic care with targeted physical therapy interventions. This integrated method focuses on restoring balance, alignment, and functional movement to enhance overall well-being and reduce pain. By addressing both spinal adjustments and rehabilitative exercises, symmetry chiropractic and physical therapy aims to correct underlying biomechanical issues that contribute to discomfort and impaired mobility. This article explores the key components, benefits, and treatment strategies involved in this holistic care model. Additionally, it highlights who can benefit most, common conditions treated, and the role of personalized care plans. The following sections provide an in-depth look at how symmetry chiropractic and physical therapy work together to promote lasting health improvements.

- Understanding Symmetry Chiropractic
- The Role of Physical Therapy in Restoring Function
- Benefits of Combining Chiropractic and Physical Therapy
- Common Conditions Treated with Symmetry Chiropractic and Physical Therapy
- Personalized Treatment Plans and Techniques

Understanding Symmetry Chiropractic

Symmetry chiropractic is a specialized form of chiropractic care that emphasizes the importance of proper spinal alignment and balanced posture to achieve optimal health. Unlike traditional chiropractic approaches that may focus solely on spinal manipulation, symmetry chiropractic integrates a broader perspective that includes evaluating the entire musculoskeletal system. The primary goal is to identify and correct asymmetries or imbalances in the spine and surrounding structures that can lead to pain or dysfunction.

Principles of Symmetry in Chiropractic Care

This approach is grounded in the understanding that structural symmetry in the spinal column and skeletal framework supports better nervous system function and overall health. Chiropractors practicing symmetry chiropractic use detailed assessments to detect misalignments, rotation, or uneven muscle tension. These factors contribute to uneven weight distribution and abnormal joint mechanics, which can cause discomfort and limit mobility.

Techniques Used in Symmetry Chiropractic

Practitioners employ a variety of manual adjustment techniques to restore alignment and symmetry.

These may include diversified adjustments, instrument-assisted methods, and soft tissue therapies aimed at releasing muscular restrictions. The use of postural analysis and advanced imaging tools often assists in creating a precise treatment plan tailored to each patient's unique alignment issues.

The Role of Physical Therapy in Restoring Function

Physical therapy complements symmetry chiropractic by focusing on rehabilitative exercises and therapeutic modalities that improve strength, flexibility, and functional movement patterns. Through targeted interventions, physical therapy helps patients regain optimal muscle balance and joint stability, which supports the chiropractic adjustments and promotes long-term recovery.

Assessment and Functional Evaluation

Physical therapists conduct thorough evaluations to assess range of motion, muscle strength, balance, and coordination. These assessments identify deficits or compensatory patterns that may contribute to ongoing pain or dysfunction. Understanding these factors allows therapists to design effective exercise programs that address specific impairments and promote symmetry in movement.

Therapeutic Interventions and Modalities

Physical therapy treatments often include strength training, stretching, manual therapy, and neuromuscular re-education. Modalities such as electrical stimulation, ultrasound, and heat/cold therapy may be employed to reduce inflammation, alleviate pain, and facilitate tissue healing. These interventions aim to restore the patient's ability to perform daily activities with improved comfort and efficiency.

Benefits of Combining Chiropractic and Physical Therapy

The synergy between chiropractic care and physical therapy offers a multifaceted approach to musculoskeletal health that addresses both structural alignment and functional capability. This combination enhances treatment outcomes by targeting the root causes of pain and movement dysfunction rather than just managing symptoms.

- **Comprehensive Care:** Integrates spinal adjustments with rehabilitative exercises for holistic healing.
- **Improved Pain Relief:** Addresses mechanical imbalances and muscle weaknesses that contribute to chronic pain.
- **Enhanced Mobility:** Restores joint function and muscle flexibility, improving range of motion.
- **Faster Recovery:** Accelerates healing by combining manual therapy with active rehabilitation.

- **Prevention of Future Injuries:** Strengthens supporting structures to reduce risk of recurrence.

Long-Term Health Benefits

By promoting symmetry in both structural alignment and muscular function, patients experience improved posture, better balance, and increased physical endurance. This integrated care helps prevent degeneration and supports a higher quality of life through sustained musculoskeletal health.

Common Conditions Treated with Symmetry Chiropractic and Physical Therapy

Symmetry chiropractic and physical therapy effectively address a wide range of musculoskeletal disorders and injuries. These conditions often involve pain, restricted movement, and functional limitations that benefit from combined care strategies.

Spinal Disorders

Conditions such as herniated discs, sciatica, spinal stenosis, and scoliosis frequently respond well to symmetry chiropractic adjustments paired with therapeutic exercises that improve spinal stability and alignment.

Joint and Muscle Injuries

Sprains, strains, tendonitis, and joint dysfunction in areas like the shoulders, knees, hips, and wrists are commonly treated through a coordinated approach. Manual therapy alleviates joint restrictions while physical therapy strengthens surrounding muscles to support recovery.

Postural Imbalances and Chronic Pain

Persistent pain related to poor posture, repetitive strain, or ergonomic issues can be alleviated by restoring symmetry through chiropractic adjustments and corrective exercise programs. This approach addresses both the symptoms and underlying causes.

Personalized Treatment Plans and Techniques

Each patient receives a customized treatment plan based on a comprehensive evaluation that considers their unique structural and functional needs. Symmetry chiropractic and physical therapy practitioners collaborate to design protocols that optimize recovery and promote lasting health improvements.

Initial Evaluation and Goal Setting

The treatment process begins with detailed assessments to determine the extent of asymmetry, pain levels, and functional limitations. Clear goals are established to guide therapy and measure progress over time.

Integration of Care and Progress Monitoring

Regular communication between chiropractors and physical therapists ensures that interventions remain aligned with patient progress. Treatment plans are adjusted as needed to maximize effectiveness and address evolving needs.

Patient Education and Self-Care Strategies

Education plays a vital role by empowering patients with knowledge about posture, ergonomics, and home exercises. This supports ongoing maintenance of symmetry and prevents future musculoskeletal issues.

1. Comprehensive assessment and diagnosis
2. Targeted chiropractic adjustments
3. Customized physical therapy exercises
4. Use of therapeutic modalities as needed
5. Continuous evaluation and treatment adjustment
6. Patient education and preventive care guidance

Frequently Asked Questions

What services does Symmetry Chiropractic and Physical Therapy offer?

Symmetry Chiropractic and Physical Therapy provides a range of services including chiropractic adjustments, physical therapy treatments, personalized rehabilitation programs, pain management, and posture correction to help patients improve mobility and reduce discomfort.

How does Symmetry Chiropractic and Physical Therapy

approach pain management?

They use a combination of chiropractic care, physical therapy exercises, manual therapy, and patient education to address the root causes of pain, promote healing, and restore function without relying heavily on medications or invasive procedures.

Can Symmetry Chiropractic and Physical Therapy help with sports injuries?

Yes, they specialize in treating sports-related injuries by offering tailored rehabilitation programs that focus on restoring strength, flexibility, and range of motion to help athletes recover safely and prevent future injuries.

What makes Symmetry Chiropractic and Physical Therapy different from other clinics?

Symmetry Chiropractic and Physical Therapy emphasizes a holistic, patient-centered approach that integrates chiropractic care with physical therapy, ensuring comprehensive treatment plans that address both structural and functional aspects of health.

Is physical therapy at Symmetry Chiropractic covered by insurance?

Most insurance plans cover physical therapy services at Symmetry Chiropractic and Physical Therapy, but coverage can vary. It's recommended to check with your insurance provider or the clinic's billing department for specific information regarding your plan.

How can I book an appointment at Symmetry Chiropractic and Physical Therapy?

You can book an appointment by visiting their official website and using their online booking system, calling their clinic directly, or visiting in person to schedule a consultation with one of their specialists.

Additional Resources

1. Symmetry in Chiropractic: Foundations and Applications

This book explores the role of symmetry in chiropractic care, emphasizing how balanced spinal alignment contributes to overall health. It covers diagnostic techniques to assess asymmetries and introduces treatment protocols aimed at restoring structural equilibrium. Ideal for both students and practicing chiropractors, the text integrates theory with practical case studies.

2. Physical Therapy and Symmetry: Enhancing Movement and Function

Focusing on the importance of symmetry in physical therapy, this book details exercises and interventions designed to correct muscular imbalances. It explains how symmetrical movement patterns improve rehabilitation outcomes and prevent injury. The book includes detailed illustrations and evidence-based strategies for therapists.

3. Chiropractic Adjustments for Postural Symmetry

This title delves into chiropractic methods specifically targeting postural asymmetries that affect musculoskeletal health. It provides step-by-step guidance on adjustment techniques and patient assessment tools. Readers will gain insight into how improved posture can alleviate pain and enhance physical performance.

4. The Science of Symmetry in Musculoskeletal Rehabilitation

A comprehensive resource that bridges the gap between biomechanics and clinical practice, this book examines how symmetry impacts rehabilitation protocols. It covers assessment technologies such as motion analysis and their role in designing personalized treatment plans. The text is valuable for clinicians aiming to optimize rehabilitation through symmetry-focused approaches.

5. Integrative Approaches to Symmetry in Physical Therapy and Chiropractic

Highlighting collaborative care, this book presents integrative strategies combining chiropractic adjustments with physical therapy exercises to restore symmetry. It discusses interdisciplinary communication, patient education, and outcome measurement. The approach aims to maximize healing and functional restoration.

6. Symmetry and Spinal Health: A Chiropractic Perspective

This book emphasizes the relationship between spinal symmetry and nervous system function. It details chiropractic assessment methods that identify asymmetries impacting neural health and provides treatment frameworks to address them. The text is enriched with case studies illustrating successful patient outcomes.

7. Corrective Exercises for Symmetry Restoration in Physical Therapy

Dedicated to therapeutic exercise, this book outlines targeted routines that promote muscular balance and joint alignment. It explains how symmetry contributes to injury prevention and recovery, supported by research evidence. Physical therapists will find practical programming tips and progressions.

8. Biomechanics of Symmetry: Implications for Chiropractic Care

Exploring the biomechanical principles underlying symmetry, this book offers a scientific foundation for chiropractic interventions. It examines how forces and motion affect symmetrical alignment and provides clinical applications to enhance treatment effectiveness. The content is suitable for advanced practitioners seeking deeper knowledge.

9. Postural Symmetry and Pain Management in Physical Therapy and Chiropractic

This resource focuses on the connection between asymmetry, posture, and chronic pain. It presents assessment tools and therapeutic techniques from both physical therapy and chiropractic perspectives aimed at pain relief through symmetry correction. The book includes patient management strategies and rehabilitation protocols.

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symmetry chiropractic and physical therapy: The Chiropractic Theories Robert A. Leach, 2004 Designed to be a primary reference for chiropractic students, this is a concise, scientific survey of chiropractic theories based on current research. Completely restructured for the Fourth Edition, this book focuses on the most current biomedical research on the three phase model of vertebral subluxation complex (V.S.C.). This is a useful reference for students studying for the National Board of Chiropractors Examination Parts II, III, and IV, as well as a post-graduate reference providing information on the chiropractic perspective on health and wellness, nutrition, exercise, psychosocial issues, and case management principles for wellness care. This new text focuses on developing critical thinking among chiropractic students, and includes new contributors and new chapters on principles of statistics and a minimum process for validation of chiropractic theory.

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symmetry chiropractic and physical therapy: Aro - Healing Touching Lives - Theories, Techniques and Therapies Lynette Barnard, 2014-07-14 CHAPTER 1: Definition and Outline OVERVIEW The Founding History of Aro-healing MASSAGES, THERAPIES, TREATMENTS Governing Bodies, Mission and Company Profile The Role of Massage, The Aro-healing Technique The Role of Touch, The Aro- Touch Technique, Aro-Reflex Stimulation Therapy What is Aro-healing, Advantages of using Aro-health massages Professional Massages Significance of Aro-healing Contents for Chapter 2: Whole Medical Systems Influencing the Body, Influencing the Mind, History of Massage, Massage Therapy, Massage as a way of relieving stress Different Types of Massage Therapies Different Types of Massage and Touch Therapy Techniques Therapy Discussion: Aromatherapy, Essential Oils (100 percent pure) Reflexology, How does it work, Can Reflexology do any harm Traditional Thai foot massage, Do you do traditional Thai foot massage, Possible reactions, Contraindications Acupressure, Acupressure is part of a Traditional Chinese System of Medicine Whole Medical Systems: In which Category does it Belong? 3 Categories. Conventional Medicine, Complementary and Alternative Medicine and Whole Medical Systems. Whole Medical Systems: Acupuncture, The difference between acupuncture and acupressure, Acupuncture facts Ayurveda, Ayurveda mind and body type, Ayurvedic massage, Ayurvedic Oils and Medicines Traditional Chinese Medicine (TCM), Chinese Materia Medica, The diagnostic tools differ from those of conventional medicine Herbalism Herbology (Phytotherapy), Anthropology of Herbalism Naturopathy, 6 principles form the basis of Naturopathy, Natural treatment approaches; Homeopathy, Regulation of Homeopathic Treatments, Side Effects and Risks; Aro-healing Revised Complimentary Therapy (ARC), Aro-Technique Products and Product Ranges, Oils used by Aro-healing Therapy Discussions for Chapter 2: Aromatherapy is an ancient healing art which uses essential oils Reflexology An alternative medicine method Traditional Thai foot massage Based on Traditional Chinese massage of the feet Acupressure An ancient Chinese technique based on the principles of Acupuncture Acupuncture An ancient Chinese technique that works by releasing the body's vital energy, known as Chi Ayurveda In India, Ayurvedic medicine has complex formulas to balance Vata, Pitta or Kapha Traditional Chinese Medicine (TCM) Uses a number of therapeutic approaches such as acupuncture and moxibustion, herbs and other natural products, and massage Herbalism Herbology (Phytotherapy) The study and use of medicinal properties of plants and plant extracts Naturopathy Ancient and modern therapies from other traditions Homeopathy A complete system of medical theory and practice Aro-healing Revised Complimentary Therapy (ARC) Aro-healing, Aro-healing Massage Therapy Contents for Chapter 3: Aro-Technique Products Why is an Aro-Technique Product different from other products; What does 'cold pressed' or 'first cold compressed' mean; Benefits of using ARO-TECHNIQUE PRODUCTS The Role of Aro-Technique Products and Product Ranges: Discussions from Newsletters; DEMONSTRATIONS AND DISCUSSIONS AT LAUNCHES AND PROMOTIONS The Role of 100 Percent Pure Aromatic Essential Oils; The Role of Aromachology and Somatology; Aromachology and Aromatherapy both promote the positive effects of fragrance on mood How to use essential oils; MASSAGE AROMATHERAPY,

MEDICAL AROMATHERAPY, OLFACTORY AROMATHERAPY and COSMETIC AROMATHERAPY The Aro-Recipe Specimen; (All Aro-Technique Products and Product Ranges are trademarked The Role of the Website Presence; Aro-Technique Products that can be ordered through Aro-healing's website: (<http://www.aro-healing.com>); Website Products Online Shop; Review: Permonlie Anti-wrinkle Cream - Guide on available anti-wrinkle products Massage Oils Other Massage Oils General information on facial massage Nappy rash Customer Reviews Definitions of barrier cream Usage - Key Points How do I tr

symmetry chiropractic and physical therapy: The Feldenkrais Method in Creative Practice Robert Sholl, 2021-01-28 Bringing together scholars and researchers in one volume, this study investigates how the thinking of the Ukrainian-Israeli somatic educationalist Moshe Feldenkrais (1904-84) can benefit and reflect upon the creative practices of dance, music and theatre. Since its inception, the Feldenkrais Method has been associated with artistic practice, growing contiguously with performance, cognitive and embodied practices in dance, music, and theatre studies. It promotes awareness of fine motor action for improved levels of action and skill, as well as healing for those who are injured. For creative artists, the Feldenkrais Method enables them to refine and improve their work. This book offers historical, scientific and practical perspectives that develop thinking at the heart of the Method and is divided into three sections: Historical Perspectives on Creative Practice, From Science into Creative Practice and Studies in Creative Practice. All the essays provide insights into self-improvement, training, avoiding injury, history and philosophy of artistic practice, links between scientific and artistic thinking and practical thinking, as well as offering some exercises for students and artistic practitioners looking to improve their understanding of their practice. Ultimately, this book offers a rich development of the legacy and the ongoing relevance of the Feldenkrais Method. We are shown how it is not just a way of thinking about somatic health, embodiment and awareness, but a vital enactivist epistemology for contemporary artistic thought and practice.

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model study

symmetry chiropractic and physical therapy: Palpation and Assessment in Manual Therapy Leon Chaitow, 2017-01-01 As the title suggests, this book has been written to assist manual therapists to understand and hone the palpatory skills which are essential to their effectiveness as practitioners. Skilful palpation is the foundation stone of all effective manual therapy assessments and treatments. The ability to use subtle and sensitive touch to examine and assess patients is essential for an accurate interpretation of the underlying problems of fascial and muscle function. The accurate interpretation of palpatory findings is difficult and comes with experience. This book aims to increase awareness of how to palpate and understanding of what is being felt. In this fourth edition of his now well-established and much loved book Leon Chaitow has introduced references to the latest research findings relating to fascia and its role in health and disease, so that practitioners can apply this knowledge in interpreting what they palpate. In addition to the author, six notable contributors from Europe and North America enhance the work's range and authority. All manual therapists, whatever their professional background, will benefit from the wealth of experience- and research-based information presented in this book.

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symmetry chiropractic and physical therapy: Core Curriculum for Holistic Nursing Barbara Montgomery Dossey, American Holistic Nurses' Association, 1997 Nurses are increasingly aware of the need to blend technology, mind, and spirit in creating optimal circumstances for healing. The American Holistic Nurses Association, with Barbara Dossey, a pioneer and leader in the field, has created a core curriculum that will provide a blueprint for what it means to be a holistic nurse. This text can also serve as a study guide for the AHNCC exam. Core Curriculum for Holistic Nursing has a broad appeal to nurses new to holistic concepts as well as those who are already experts.

symmetry chiropractic and physical therapy: Multidimensional Healing Carrie Cameron, 2007-05-03 My undergraduate training has been in the field of Physical Therapy, but like many of you I have been participating in the school of life much longer! As you incorporate the basic techniques included in this book into whatever your current healing practice is, hopefully you too will experience the reward and joy of watching people change and heal themselves as I have. Following are the basic principles that have emerged for me through the years: Our bodies are all one piece, and what affects any part of it affects the whole. All layers of the body must be released to allow for full release of the whole body. As parts of the body release and physical mobility changes, mental and emotional agility increases To maintain these changes, the central nervous system has to realize the new possibilities for movement and incorporate them into natural motor patterns. To maintain the physical changes and new natural motor patterns, the energetic body must change to reflect the physical changes. As parts of the body release, energy releases and flows more freely throughout the entire body. As energy releases, memories emerge for integration into consciousness and subsequent healing of past traumas. As physical and energetic changes occur, belief systems shift. As individuals belief systems shift, societal paradigms shift. This is a wholistic model that I am calling MultiDimensional Healing Come join me on this exciting journey of discovering your unlimited potential for facilitating healing for yourself, your clients, your community, the world! Respectfully submitted, Carrie Cameron

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and techniques, Braddom's Physical Medicine and Rehabilitation remains an essential guide for the entire rehabilitation team. With proven science and comprehensive guidance, this medical reference book addresses a range of topics to offer every patient maximum pain relief and optimal return to function. In-depth coverage of the indications for and limitations of axial and peripheral joints through therapies enables mastery of these techniques. Optimize the use of ultrasound in diagnosis and treatment. A chapter covering PM&R in the international community serves to broaden your perspective in the field. Detailed illustrations allow you to gain a clear visual understanding of important concepts. New lead editor - Dr. David Cifu - was selected by Dr. Randall Braddom to retain a consistent and readable format. Additional new authors and editors provide a fresh perspective to this edition. Features comprehensive coverage of the treatment of concussions and military amputees. Includes brand-new information on rehabilitating wounded military personnel, the latest injection techniques, speech/swallowing disorders, head injury rehabilitation, and the rehabilitation of chronic diseases. New chapters on pelvic floor disorders and sensory impairments keep you at the forefront of the field. Reader-friendly design features an updated table of contents and improved chapter approach for an enhanced user experience. Expert Consult eBook version included with purchase. This enhanced eBook experience gives access to the text, figures, over 2,500 references, 51 videos, and 750 self-assessment questions on a variety of devices.

symmetry chiropractic and physical therapy: The Oxford Handbook of Singing Graham F. Welch, David M. Howard, John Nix, 2019-04-04 Singing has been a characteristic behaviour of humanity across several millennia. Chorus America (2009) estimated that 42.6 million adults and children regularly sing in one of 270,000 choruses in the US, representing more than 1:5 households. Similarly, recent European-based data suggest that more than 37 million adults take part in group singing. The Oxford Handbook of Singing is a landmark text on this topic. It is a comprehensive resource for anyone who wishes to know more about the pluralistic nature of singing. In part, the narrative adopts a lifespan approach, pre-cradle to senescence, to illustrate that singing is a commonplace behaviour which is an essential characteristic of our humanity. In the overall design of the Handbook, the chapter contents have been clustered into eight main sections, embracing fifty-three chapters by seventy-two authors, drawn from across the world, with each chapter illustrating and illuminating a particular aspect of singing. Offering a multi-disciplinary perspective embracing the arts and humanities, physical, social and clinical sciences, the book will be valuable for a broad audience within those fields.

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symmetry chiropractic and physical therapy: Family Practice Guidelines, Fourth Edition Jill C. Cash, Cheryl A. Glass, 2017-01-13 This bible of family practice for primary care students and

clinicians provides current national practice guidelines for professional standards of care across the life span. Concise and clearly organized, the resource features detailed, step-by-step instructions for physical examinations and diagnostic testing in the outpatient setting, information on health promotion, care guidelines, dietary information, information on culturally responsive care, patient resources, and abundant patient education handouts. This fourth edition is updated to include new evidence-based guidelines for rheumatology, public health (featuring updated information on substance abuse, violence, obesity, homelessness, and lesbian health), the sports physical exam and interventions, endocrinology, new Centers for Disease Control and Prevention (CDC) recommendations for health maintenance, posttraumatic stress disorder (PTSD) assessment and management, restless legs syndrome, sexual dysfunction treatment, and psychiatric disorders. Several new and updated Patient Teaching Guides--with printable education points--add to the book's outstanding utility as a thorough and reliable clinical resource. Each of the 268 diagnoses includes definition, incidence, pathogenesis, predisposing factors, common complaints, signs/symptoms, subjective data, physical exam and diagnostic tests, differential diagnosis, and a care plan. New to the Fourth Edition: New and updated guidelines for: -Rheumatology: polymyalgia rheumatica, Sjogren's syndrome, psoriatic arthropathy, pseudogout (calcium pyrophosphate dihydrate), ankylosing spondylitis, reactive arthritis, Raynaud's syndrome -Public Health: substance abuse, violence, obesity, homelessness, lesbian health -Sports Exam: assessment and treatment -CDC recommendations: vaccine and cancer screening -Endocrinology: diabetes management and new Food and Drug Administration--approved medications -The latest ACC & AHA Guidelines for Hypertension (2017) -Neurology: PTSD and restless legs syndrome management -Sexual dysfunction -Bipolar and other behavioral health disorders New and updated Patient Teaching Guides Key Features: Presents information for 268 disorders in consistent format for ease of use Highlights key considerations with Practice Pointers Provides individual care points for pediatric, pregnant, and geriatric patients Includes 138 printable Patient Teaching Guides Offers 18 procedure guidelines and routine health maintenance guidelines

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Nicholas H. Fiebach, Lee Randol Barker, John Russell Burton, Philip D. Zieve, 2007 Updated for its Seventh Edition, *Principles of Ambulatory Medicine* is the definitive reference for all clinicians caring for adult ambulatory patients. It provides in-depth coverage of the evaluation, management, and long-term course of all clinical problems addressed in the outpatient setting. A major focus is on preventive care, grounded in excellent patient-physician communication. This edition features increased coverage of preventive care, particularly the impact of genetic testing as a disease predictor. For easy reference, the book is organized by body system and each chapter begins with an outline of key topics. References to randomized controlled clinical trials, meta-analyses, and consensus-based recommendations are boldfaced.

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