

COMPLEMENTARY THERAPIES for PHYSICAL THERAPY

A Clinical Decision-Making Approach



JUDITH E. DEUTSCH
ELLEN ZAMBO ANDERSON

forewords by Wayne Jonas and Steven L. Wolf

SAUNDERS
ELSEVIER

Contents

Chapter 1

CAM Use in Illness and Wellness, 1

Judith E. Deutsch

Chapter 2

Conceptual Framework for Clinical Decision Making in Complementary and Alternative Medicine, 10

Judith E. Deutsch, Ellen Zambo Anderson

Chapter 3

Modifiers of Complementary Therapy: Legal, Ethical, and Cultural Issues, 24

Ellen Zambo Anderson

Chapter 4

Whole Medical Systems, 36

Judith E. Deutsch, Suzanne McDonough

Chapter 5

Acupuncture, 53

Suzanne McDonough, Sheelagh McNeill

Chapter 6

Arnica, 75

Lori Zucker

Chapter 7

Overview of Mind-Body Therapies, 84

Susan Gould Fogerite, Gary L. Goldberg

Chapter 8

Yoga, 121

Mary Lou Galantino, John Musser

Chapter 9

Tai Chi, 139

Patricia Quinn McGinnis

Chapter 10

Overview of Biologically Based Therapies in Rehabilitation, 156

Susan Gerik, John Maypole

Chapter 11

Ginkgo Biloba, 176

Ellen D. Mandel

Chapter 12

Glucosamine Chondroitin, 188

Diane Rigassio Radler

Chapter 13

Energy Therapy, 196

Ellen Zambo Anderson

Chapter 14

Therapeutic Touch, 206

Ellen Zambo Anderson

Chapter 15

Qigong, 215

Bill Gallagher, Richard Lund

Chapter 16

Magnets, 227

Ellen Zambo Anderson, Cathy Caro-Scarpito

Chapter 17

Reiki, 239

Ellen Zambo Anderson, Cindy Wolk-Weiss

Chapter 18

Manipulative and Body-Based Therapies, 249

Judith E. Deutsch

Chapter 19

The Ida Rolf Method of Structural Integration, 264

Judith E. Deutsch

Chapter 20

Feldenkrais, 273

James Stephens

Chapter 21

The Alexander Technique, 287

Glenna Batson

Chapter 22

Craniosacral Therapy, 298

Ellen Zambo Anderson, Perry Wolk-Weiss

Chapter 23

Pilates, 310

Ellen Zambo Anderson, Chantel Dickinson

Index, 321