

Software to produce personalised exercise and information handouts

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.



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

- ◆ **save up to 66% on purchasing modules individually**
- ◆ **contains 16 modules with over 4,300 exercises**
- ◆ **networking included**
- ◆ **install from CD or use the Online Service which enables you to use the program from any computer with internet access**

The collection can be used with individual modules or combined with other professional collections

### Benefits

- ✓ exercises have descriptive instructions and clear images displayed as line drawings, colour illustrations, photographs and videos
- ✓ edit exercises and instructions or add your own
- ✓ customise handouts with your contact details, logo, client's name and personalised instructions
- ✓ create templates of favourite exercises for specific routines, conditions and injuries

### Online Service benefits

- ✓ use from any computer with internet access - no installation required
- ✓ print or email handouts for clients to view high quality videos
- ✓ new advanced search enables you to find exercises easily
- ✓ add keywords to enhance your search
- ✓ add modules to your favourites list for quick and easy reference
- ✓ format text and use the built-in picture editor

Please see reverse for a complete list of modules included in the Osteopathy Professional Collection.

### Purchase Price

see price list for details

### Printout Languages

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

NOTE: Not all languages are available with every module

### Technical Requirements

Windows 2000, XP  
32-bit: Vista, Windows 7,  
Server 2003/2008

Online Service:  
Internet Explorer 6 or later,  
Broadband internet access

### Contact Information

www.physiotools.com  
info@physiotools.com

*Work with the Best*

PhysioTools is the global market leader  
in exercise prescription software

To order or request a FREE demo

**Please contact your local reseller**

# Osteopathy

## Professional Collection

### **General Exercises 2<sup>nd</sup> Edition** (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. (1244 items) *with line drawings, photos and videos*

### **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) *with 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) *with 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) *with 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) *with 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)