

# 《中国整脊学》

## 图书基本信息

书名：《中国整脊学》

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## 内容概要

《中国整脊学(英文版)》内容简介：Spinal Orthopedics in Chinese Medicine is a groundbreaking book that effectively integrates our current knowledge of spinal biomechanics with the time-honored theories of Traditional Chinese Medicine. This book also serves as the main text for the Advanced Training Program in Chinese Chiropractic Medicine.

Evidence-based medical research shows that in the treatment of neck and back pain, secondary spinal canal stenosis often occurs. To address this fact, applications of the ancient principle "treat the lower body to benefit the upper region" are fully elucidated here. This protocol treats cervical disorders through first aligning the lumbar and thoracic curvatures.

The foundation of Chinese Spinal Orthopedics includes three main therapeutic principles: Regulating Tendons and Muscles, Adjusting Curvature, and Therapeutic Exercise. When these principles are integrated with the four TCM orthopedic methods of Hand Manipulation, Acupuncture, Herbal Medicine, and Functional Exercise, a most powerful system of healing emerges.

Several provocative new theories are also presented here:

1. Principles of Spinal Circular Motion.
2. Theory of Spinal Cylinders and Pivots.
3. Parallelogram Equilibrium of Spinal Contour.
4. Spinal Curvatures.

The applications of these principles have shown great improvement in the clinical treatment of spinal conditions. This innovative book is bound to produce far-reaching influences on the modernization of TCM and the field of spinal orthopedics.

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