



**MAITLAND'S**

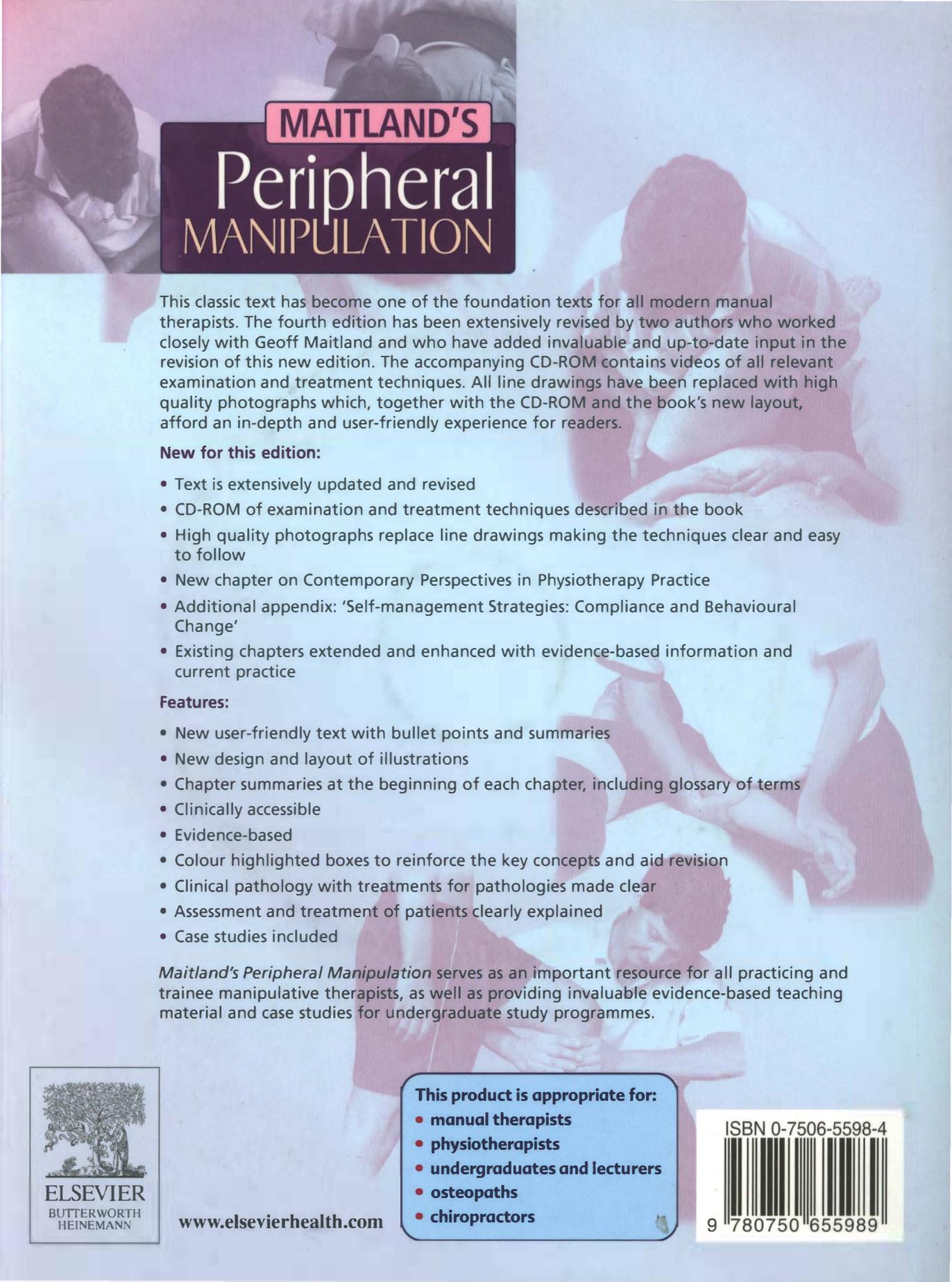
# Peripheral MANIPULATION

Edited by  
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**KEVIN BANKS**

Foreword by  
**PETER WELLS**

**FOURTH EDITION**





**MAITLAND'S**

# Peripheral MANIPULATION

This classic text has become one of the foundation texts for all modern manual therapists. The fourth edition has been extensively revised by two authors who worked closely with Geoff Maitland and who have added invaluable and up-to-date input in the revision of this new edition. The accompanying CD-ROM contains videos of all relevant examination and treatment techniques. All line drawings have been replaced with high quality photographs which, together with the CD-ROM and the book's new layout, afford an in-depth and user-friendly experience for readers.

**New for this edition:**

- Text is extensively updated and revised
- CD-ROM of examination and treatment techniques described in the book
- High quality photographs replace line drawings making the techniques clear and easy to follow
- New chapter on Contemporary Perspectives in Physiotherapy Practice
- Additional appendix: 'Self-management Strategies: Compliance and Behavioural Change'
- Existing chapters extended and enhanced with evidence-based information and current practice

**Features:**

- New user-friendly text with bullet points and summaries
- New design and layout of illustrations
- Chapter summaries at the beginning of each chapter, including glossary of terms
- Clinically accessible
- Evidence-based
- Colour highlighted boxes to reinforce the key concepts and aid revision
- Clinical pathology with treatments for pathologies made clear
- Assessment and treatment of patients clearly explained
- Case studies included

*Maitland's Peripheral Manipulation* serves as an important resource for all practicing and trainee manipulative therapists, as well as providing invaluable evidence-based teaching material and case studies for undergraduate study programmes.

**This product is appropriate for:**

- manual therapists
- physiotherapists
- undergraduates and lecturers
- osteopaths
- chiropractors



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# Maitland's Peripheral Manipulation

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# Maitland's Peripheral Manipulation

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**Fourth Edition**

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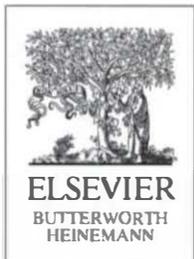
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# Foreword

It is not difficult to see why this book has stood the test of time and critical appraisal to reach its 4th edition. Like its companion volume, *Vertebral Manipulation*, it was, in its slimmer original version published in 1970, a landmark publication. Other books on the 'why's and how's of manipulation existed but they were written by doctors, essentially for doctors. Physiotherapists were the 'also rans'. Not trained as primary medical diagnosticians, unable to prescribe medication or inject or carry out manipulations under anaesthetic, they and their skills were usually relegated to a secondary, technicians role in the assessment and treatment of musculo-skeletal conditions. This approach was inevitably centred exclusively on the medical model of examination, diagnosis, and treatment but incorporated techniques of manual skill commonly viewed as 'fringe' or 'alternative'. Some of these stemmed from osteopathy.

Whilst the skills of passive movement used in treatment of a wide range of disorders such as those within orthopaedics and neurology, had always been an essential part of the work of physiotherapists, a comprehensive text of sufficient substance and originality, written by a physiotherapist for physiotherapists was lacking. Maitland's *Vertebral Manipulation* changed all of that and *Peripheral Manipulation* (1970) followed on in the same vein.

The development of aspects of 'the Maitland concept' as it became known, was fascinating to follow. Numerous ideas, such as 'movement diagrams' and the 'grading' of each technique to define its force and amplitude and mode of application, became valuable teaching tools for communication and were an attempt at accurate recording, both in the clinical setting and in the process of teaching and learning. The conceptualization of an imaginary (permeable!) 'brick wall' separating, but not mutually excluding, scientific knowledge

and clinical presentations, was illuminating and it is still, contrary to the views of a few who seem entirely to have missed the point, a valuable idea.

Sound clinical reasoning, long before that term was on everybody's lips, was the foundation of the pioneering work of Geoffrey Maitland, as recorded in his books and articles. This was not only what he preached but also very much seen in what he practised, as those privileged to watch him treating patients, can confirm.

His saying that 'technique is the brainchild of ingenuity' was demonstrated on one occasion when an observer, watching him on a course treating a patient, enquired what was the technique he was using. "I don't know" came the reply "I've never done it before"! this was not, of course, a facetious remark, but an enjoiner to "go thou and do likewise".

The process of ongoing, continuous re-assessment at all stages of treatment and its follow-on, using precise, detailed questioning and retesting has remained as a fundamental strength of this approach. This process exemplifies the enormous contribution made by Geoffrey Maitland in his emphasis on the importance of subtle communication as a fundamental skill to be mastered in the process of "proving clinically" the value or otherwise of particular passive movement strategies and other associated techniques. This is well documented in Chapter 3, essential reading for all medical personnel of whatever profession.

Another great strength of the approach described in this book is that it is non-dogmatic. Consequently, an evolving knowledge base has been incorporated, over the years. It is not a 'method' or 'school' in the narrow sense. Its 'open' approach has facilitated a development and expansion of the whole, "developing and extending" as Maitland himself put it (Chapter I). With

no necessity to change its basic principles it has been possible to add to and develop the work. Compare the size and content of this edition with the first.

The authors are to be congratulated on their success in developing the contents of this third edition to incorporate, apparently seamlessly, the advances made in, for example, the pain sciences, in the last fifteen years or so. An osteo-arthritic knee is no longer viewed as simply a painful, stiff joint, but a problem having, like low back pain, a bio-psychosocial construct, and this is right. Peripheral nociceptive, peripheral neurogenic, central and sympathetically maintained pain are examples highlighting variations within nervous system pain physiology which must help guide and modify our use of manipulative therapy.

However the brilliance and originality of so many of Geoffrey Maitland's ideas have not been lost. For example, the concept of 'irritability' as distinct from 'severity', whilst it has been criticised from a narrow academic viewpoint, remains a valuable insight helping the clinician make crucial decisions about the formulation of their day to day treatments.

Likewise the perceptive subdivision of 'overuse', 'misuse', 'abuse', 'new use' and 'disuse' to illuminate clinical states is as useful as ever in gaining further insight into the nature of the great array of musculo-skeletal problems. Even terms such as 'unstable instability' and 'stable instability' which have thrown some moderate people into a rage, are supported by an underlying wisdom coupled with a wealth of clinical experience.

The expansion of the text to incorporate referenced research and other material, case studies, physiotherapists thoughts and hypotheses, clinical profiles, photography of techniques and much else adds greatly to the work as a standard reference and a course text, as well as a rich source of clinical guidance and illumination.

It must surely have been an inspiration to the authors that a growing amount of research across a wide spectrum of expertise in physiotherapy and the field of manipulation has stemmed from the teaching summarized in this book and its previous editions.

The foundation of the International Maitland Teacher's Association (IMTA) in Switzerland was due to the foresight and determination of a remarkable physiotherapist, Gisela Rolf. This organization has overseen the training of teachers who attempt to satisfy the demand in Europe and elsewhere for regulated, high standard, post-graduate courses in this field. They will, without doubt, be encouraged by this new edition.

The pioneering work of Geoffrey Maitland, reflected in these pages has, over the years, generated some heat in discussion but, most importantly, great light. This present edition will illuminate further its subject.

Most importantly it presents us with an absorbing and comprehensive text helping to define a crucial part of the work of physiotherapists.

Peter Wells,  
London 2005

# Preface to the fourth edition

The preface to the first edition of this book was written 35 years ago and is as relevant to today's physiotherapy profession as it was in 1970. The advancement of orthopaedic medical imaging and diagnostics, and the advent of extended scope physiotherapy practice have distracted the profession from the detail of joint pain and the ability to deal with it at face value. The message in the preface to the first edition, therefore, could be applied to contemporary physiotherapy practice in 2005. Read it and see.

'The Maitland Concept', as it has come to be known, appears to be contradictory, exhibiting both the qualities of stability and flexibility. The clinical basis and the Concept's fundamental elements have remained the same throughout its evolution. At the same time it has changed with the times and accepted contemporary manipulative physiotherapy methods. The Concept has maintained an unassuming, non-judgemental and open-minded approach, which perpetuates a patient-centred model of clinical practice. This is its backbone and the strength, stability and flexibility of the symbolic permeable 'brick wall' analogy.

The fourth edition of *Maitland's Peripheral Manipulation* presents an integrated, contemporary and evidence-based model of manipulative physiotherapy. Such a model is placed within the context of 'best practice' for movement-related neuromusculoskeletal disorders of the upper and lower limb. Each chapter of this text has been revised and expanded to reflect advances in knowledge and the role of manipulative physiotherapy within contemporary clinical practice. This includes: the reference to the *International Classification of Functioning, Disabilities and Health* (ICF, WHO 2001); pain mechanisms; biopsychosocial paradigms; the rehabilitation process and current definitions and descriptions

of physiotherapy practice. Guidelines for assessment, examination and treatment have been updated with relevant evidence from the current literature, including: contemporary developments in physiotherapy practice (Chapter 4); clinical reasoning science; the biopsychosocial paradigm, including psychosocial assessment (Chapters 4 and 5) and the essence of self-management strategies with a focus on compliance enhancement and behavioural change (Appendix 2). Appendix 1 is preceded by a review of topical issues in the definition of R<sub>1</sub>, the definition of grades of mobilization and manipulation, and the reliability of detecting and representing the parameters encountered during passive movement testing.

A bullet-point method of presenting the text has been used for clarity and to improve the user-friendliness of the book. The line drawings so expertly produced by Anne Maitland have been superseded by photographs. The main reason for this is to complement the CD-ROM which accompanies this fourth edition and helps to bring to life most of the techniques of examination and treatment described in the book.

Kevin Banks expresses his thanks to: Jukka Kangas and Donna Ardron for their constructive comments on the revised text; Robin Blake for sharing his knowledge and expertise over many years, and Nancy and the kids for their patience and understanding in seeing this project through.

Elly Hengeveld wishes to thank everybody who has given constructive suggestions to the texts, in particular Renee de Ruyter-Bouwman and Hugo Stam; Gisela Rolf, as a teacher in the 1980s, for her dedication, thoroughness and determination to give everything for her visions; Fränzi and Ueli, Catherine, Christin and Roland, Renee and Henk – thanks for being such