

# DC Product Review

Review by Mark A. King, DC

**Title:** *Functional Soft Tissue Examination and Treatment by Manual Methods, 3<sup>rd</sup> Edition*

**Author:** Warren Hammer, MS, DC, DACBO

**Publisher:** Jones & Bartlett Publishers

**Type:** Hardcover, 775 pages

**Rating:** 10 out of 10

**Price:** \$149.95



When Dr. Warren Hammer first started teaching soft-tissue techniques around the world and writing articles about various soft-tissue approaches to treating patients, I was one of his students. When the first edition of *Functional Soft Tissue Examination and Treatment by Manual Methods* came out, I used it as a reference guide in addition to the classes I took, when working with my patients.

Dr. Hammer subsequently wrote a second edition that expanded on the original information and included the input of more

authors. Now, he has completed a third edition that provides even more information. The book addresses virtually every legitimate soft-tissue technique. It includes chapters on strain/counterstrain, Graston, muscle-energy techniques, fascial release, neuromuscular re-education and transverse friction massage, NAGS, SNAGS, active release, active-isolated stretching, and longitudinal osteo-articular decoaptation stretching.


The most important parts of the book for me are the chapters on the extremities. Dr. Hammer

writes in detail about functional anatomy and relevant biomechanics, specific lesions and how to analyze them. He has some other important chapters on TMJ, nutritional considerations and the treatment of soft-tissue injury, and hyperpronation/hyppronation. He has a couple of chapters at the beginning that provide the basics of soft tissues. All of these chapters are interesting and educational. In my opinion, there is at least one important chapter for each person who reads this book. As stated, the key chapters for me are the extremity analysis chapters. There also is an excellent extremity manipulation chapter by Dr. Gale that is very pertinent to extremity manual treatments. (His chapter has been included in each of the three editions).

Dr. Hammer has progressively improved this book with each edition. It is an excellent reference text for students and doctors. You will need to take some classes in addition to reading the textbook to attain true proficiency, but it does provide a sound overview. Not all

the chapters will be interesting and relevant to everyone; after all, no one can master this many different soft-tissue techniques. Nonetheless, this is an important textbook in the chiropractic world and should be part of every chiropractor's library. I do not know if they are using *Functional Soft Tissue Examination and Treatment by Manual Methods* in the chiropractic colleges, but it would be an excellent resource for them. Overall, Dr. Hammer is an amazing writer, and chiropractors should be proud of this text.

**Dr. King's Rating:**  
**10 out of 10**



*Editor's note:* To place an order for this product, please contact Jones & Bartlett Publishers at (800) 832-0034. For faster service, order online: <http://alliedhealth.jbpub.com>.

