



Topic: Alternative therapies

February 2005

This monthly publication is designed to inform you of resources the NLLIC has to offer on a chosen topic. Please feel free to distribute to those who may find this useful. We also welcome your comments and topic suggestions! Contact us via e-mail at library@amputee-coalition.org.

Resource Types:

[Books](#)

[inMotion Articles](#)

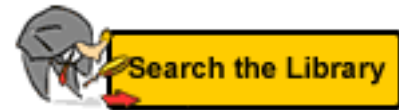
[Video Recordings](#)

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Library OPAC

http://www.amputee-coalition.org/nllc_library.html



Find other related resources by searching the NLLIC OPAC. Note that this is just a sampling of items found in the OPAC.

Books

Alternative Medicine and Rehabilitation / edited by Stanley F. Wainapel. New York, NY: Demos, 2003. This book focuses on treatment categories that are relevant to rehabilitation management: manipulation, movement therapies, mind-body therapies, and a group that includes acupuncture and nutritional therapy. Alternative medicine as a treatment for diabetes, cumulative trauma disorder, and neuropathic pain is also discussed.

Complementary Therapies in Rehabilitation / edited by Carol M. Davis. 2nd ed. Thorofare, NJ: SLACK, 2004. This book provides easy-to-understand information on a variety of complementary therapies, including holistic therapies. Topics include: therapeutic massage and rehabilitation,

craniosacral therapy, biofeedback, the Alexander technique, reiki, and magnet therapy.

Conquer Pain the Natural Way: A Practical Guide / Leon Chaitow. San Francisco: Chronicle Books, 2002. Dr. Leon Chaitow describes how you can regain control over pain using simple and proactive techniques such as a modified diet, targeted exercise, and careful stretching, as well as how to tap into your own therapeutic powers with visualization, meditation, and stress relief. Treatments such as massage, acupuncture, and hydrotherapy are also discussed.

Mosby's Complementary & Alternative Medicine: A Research-Based Approach / Lyn W. Freeman and G. Frank Lawlis. St. Louis, MO: Mosby, 2001. This book aims to make the complex content of alternative and complementary medicines unintimidating and enjoyable to learn. It hopes to improve the reader's ability to discuss the pros and cons of each method with the patients they serve.

Prescription for Nutritional Healing / Phyllis A. Balch and James F. Balch. 3rd ed. New York: Avery, 2000. This guide to holistic health is divided into three parts. Part one lists and explains the various types of nutrients, food supplements, and herbs found in health food and drug stores. Part two describes more than 250 common disorders, arranged in alphabetical order, and identifies the supplements that can be used to combat the conditions. Part three is a guide to alternative remedies and therapies that can be used in conjunction with a nutritional program.

Textbook of Complementary and Alternative Medicine / edited by Eric J. Bieber and Chun-Su Yuan. Boca Raton, FL: Parthenon Group, 2003. This textbook looks at healing therapies, approaches, and systems of complementary and alternative medicine. Their relevance to conventional medicine is discussed. In-depth information on specific therapies for common medical conditions is also included.

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***inMotion* Articles**

“Chiropractic Medicine and the Amputee” / Abbey Smith. Knoxville, TN: Amputee Coalition of America, 2003. *inMotion*, July/ August 2003. This article looks at chiropractic medicine as a treatment option for amputees with back pain.

http://www.amputee-coalition.org/inmotion/jul_aug_03/chirp.html

http://www.amputee-coalition.org/inmotion/jul_aug_03/chirp.pdf

“Integration of Massage Therapy into Amputee Rehabilitation and Care”

/ Anna Kania. Knoxville, TN: Amputee Coalition of America, 2004.

inMotion, July/ August 2004. Massage therapy is used to prevent and treat physical dysfunction and pain through applying various manual techniques to the soft tissues of the body (muscles, connective tissue, etc.) and joints. It is recognized as a noninvasive therapy, which, when applied by a trained licensed massage therapist, can have a number of highly beneficial effects. This article examines the benefits massage therapy can provide to an amputee.

http://www.amputee-coalition.org/inmotion/jul_aug_04/massagetherapy.html

http://www.amputee-coalition.org/inmotion/jul_aug_04/massagetherapy.pdf

http://www.amputee-coalition.org/spanish/jul_aug_04/massagetherapy.html

http://www.amputee-coalition.org/spanish/jul_aug_04/massagetherapy.pdf

“Notes from the Medical Director: The Phantom Menace Part III: Physical Modalities”

/ Doug Smith. Knoxville, TN: Amputee Coalition of America, 2002.

inMotion, November/ December 2002. In this, the third article of the Phantom Menace series, Dr. Doug Smith looks at a variety of methods, including alternative therapies, for combating phantom limb pain.

http://www.amputee-coalition.org/inmotion/nov_dec_02/phanti.html

http://www.amputee-coalition.org/inmotion/nov_dec_02/phanti.pdf

“The Mind-Body Connection: Aquatic Yoga”

/ Christina DiMartino. Knoxville, TN: Amputee Coalition of America, 1999.

inMotion, March/ April 1999. Aquatic yoga is not only for those with amputations, it can be for anyone who wants to tone and stretch their muscles, increase their mental fortitude, and gain physical agility.

http://www.amputee-coalition.org/inmotion/mar_apr_99/yoga.html

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Video recordings

[VHS unless otherwise noted]

Carol Dickman's Bed Top Yoga. New York, NY: Yoga Enterprises, Inc., 1999. *Carol Dickman's Bed Top Yoga* guides listeners through a series of simple stretches and yoga postures, ending with a brief relaxation. Use this

beginner's program either on the bed or on the floor. This tape is ideal for anyone who wants a gentle form of exercise but needs a little encouragement and guidance. It is well-suited for seniors, the physically challenged, and the blind.

Carol Dickman's Seated Yoga . New York, NY: Yoga Enterprises, Inc., 1999. *Carol Dickman's Seated Yoga* offers simple warm-up stretches, breathing exercises, yoga postures, and relaxation techniques that are all done while sitting down. This tape is ideal for use in your office, at home in a chair or on the edge of a bed, at your computer, or when traveling.

Endless Possibilities Yoga . [Marblehead, MA]: Man Mountain Productions, Inc., [200-]. This video is a 30- minute yoga class that includes breathing, warm-ups, yoga postures, and relaxation techniques. The instructor, Marsha Metzger, has a prosthetic leg. **Available in VHS and DVD.**

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Web sites

EMDR: Eye Movement Desensitization and Reprocessing . Watsonville, CA: EMDR Institute, Inc., [199-]. Originally used by some in the treatment of Post-Traumatic Stress Disorder, Eye Movement Desensitization and Reprocessing, a type of psychotherapy treatment, is now being used for other disorders such as chronic pain.

<http://www.emdr.com/>

National Certification Board for Therapeutic Massage and Bodywork . McLean, VA: National Certification Board for Therapeutic Massage and Bodywork, 1999-. This site includes a searchable database of certified massage therapists.

<http://www.ncbtmb.com/>

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PubMed© Articles

“EMDR in the Treatment of Chronic Pain” / M. Grant and C. Threlfo. New York, NY: Wiley, 2002. The abstract to this article is available via

PubMed®, a service of the United States National Library of Medicine®.
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?
cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12455018](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12455018)

- Grant, M. and C. Threlfo. "EMDR in the Treatment of Chronic Pain." *Journal of Clinical Psychology* 58(12): 1505-20.

"Maggot Therapy for Treating Diabetic Foot Ulcers Unresponsive to Conventional Therapy" / R.A. Sherman. Alexandria, VA: American Diabetes Association, 2003. The abstract to this article is available via PubMed®, a service of the United States National Library of Medicine®.
[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?
cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12547878](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=12547878)

- Sherman, R.A. "Maggot Therapy for Treating Diabetic Foot Ulcers Unresponsive to Conventional Therapy." *Diabetes Care* 26(2): 446-51.

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