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Title: Funktionskrankheiten des Bewegungssystems nach Brügger
Subtitle: Diagnosis, Therapy, Self-therapy

Short text:

"The location of pain and the cause of pain often do not coincide" (Alois Brügger, 2000): Disorders of multiple kinds can lead to altered movement programs through reflexive protective mechanisms and cause pain everywhere in the movement system (= functional diseases). The implementation of this knowledge into daily practice helps physiotherapists to diagnose problem patients more globally and to treat them more successfully. In this way, readers learn to identify and treat the mostly functional interference factors in the sense of the Brügger concept. The detailed picture documentation and practice-oriented instructions for upright posture and dynamic movement are particularly informative and enlightening, for both prospective and experienced physiotherapists.

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