# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preface, Jean-Pierre Barral</td>
<td>v</td>
</tr>
<tr>
<td>Preface, Fritz Frederick Smith</td>
<td>vi</td>
</tr>
<tr>
<td>Acknowledgments</td>
<td>ix</td>
</tr>
<tr>
<td>Note to the General Reader (Non-Clinicians)</td>
<td>x</td>
</tr>
<tr>
<td>About Sports Injury</td>
<td>xi</td>
</tr>
<tr>
<td><strong>Chapter 1: Overview</strong></td>
<td>1</td>
</tr>
<tr>
<td>A Manual Therapy Model-A New Approach</td>
<td>5</td>
</tr>
<tr>
<td>Sequence of the Book</td>
<td>8</td>
</tr>
<tr>
<td><strong>Chapter 2: The Nature of Tendons and Ligaments</strong></td>
<td>11</td>
</tr>
<tr>
<td>Structure, Composition</td>
<td>13</td>
</tr>
<tr>
<td>Properties, Function</td>
<td>15</td>
</tr>
<tr>
<td>Standard Medical View of Properties, Capacity for Healing</td>
<td>18</td>
</tr>
<tr>
<td>Neural Involvement: Standard View and Recent Research Findings</td>
<td>19</td>
</tr>
<tr>
<td>Injury Process and Result, Tissue Changes</td>
<td>21</td>
</tr>
<tr>
<td>Inflammation in the Injury Process</td>
<td>23</td>
</tr>
<tr>
<td>Chronic Injury</td>
<td>24</td>
</tr>
<tr>
<td>Remodeling Process of Connective Tissue</td>
<td>26</td>
</tr>
<tr>
<td>Blood Supply of Tendons</td>
<td>27</td>
</tr>
<tr>
<td>What My Hands Told Me: Clinical Experience and Current Research</td>
<td>28</td>
</tr>
<tr>
<td>Injury and Recovery</td>
<td>29</td>
</tr>
<tr>
<td>Electricity, Magnetism, and Tendons/Ligaments</td>
<td>37</td>
</tr>
<tr>
<td>Contractile Capacity, Cellular Locomotion</td>
<td>39</td>
</tr>
<tr>
<td>Possibilities for Tissue Regeneration in Tendons/Ligaments</td>
<td>41</td>
</tr>
<tr>
<td>Summary</td>
<td>47</td>
</tr>
<tr>
<td><strong>Chapter 3: A Manual Therapy Model for Tendon and Ligament Injuries</strong></td>
<td>51</td>
</tr>
<tr>
<td>Conventional Medical Treatment</td>
<td>51</td>
</tr>
<tr>
<td>Skills and Aptitudes</td>
<td>53</td>
</tr>
<tr>
<td>Techniques I Use for Tendon/Ligament Treatment</td>
<td>55</td>
</tr>
<tr>
<td>Joint Gliding</td>
<td>71</td>
</tr>
<tr>
<td>Essential Principles of the Techniques</td>
<td>79</td>
</tr>
<tr>
<td>Comparison of My Therapeutic Model for Tendon/ Ligament Injuries</td>
<td>80</td>
</tr>
<tr>
<td>Injuries with Conventional Medical Treatment</td>
<td>85</td>
</tr>
<tr>
<td>Personal Background and Training</td>
<td>85</td>
</tr>
<tr>
<td><strong>Chapter 4: Case Studies</strong></td>
<td>91</td>
</tr>
<tr>
<td>Research Design and Methodology</td>
<td>91</td>
</tr>
</tbody>
</table>