



# The Bare Minimum: The Donatelli Shoulder Method: Assessment And Treatment

*By Robert Donatelli, Donn Dimond*

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The Donatelli Shoulder Method is an evidence based book that describes the assessment and treatment techniques of Dr. Robert Donatelli. It includes mobility testing, strength tests, and special tests along with his mobilization techniques and exercises for treating shoulder pathophysiology. While it has been created as a companion guide to Dr. Donatelli's course: Donatelli's Pathophysiology and Mechanics of the Shoulder with Lab, some find it useful as an adjunct to their current practice model.

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**The Bare Minimum: The Donatelli Shoulder Method: Assessment And Treatment By Robert Donatelli, Donn Dimond Bibliography**

- Sales Rank: #7466736 in Books
- Published on: 2009-01-14
- Dimensions: 8.25" h x .15" w x 8.25" l,
- Binding: Paperback
- 64 pages

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### **Editorial Review**

#### **About the Author**

Dr. Donatelli has worked with numerous professional athletes including Marquis Grissom (San Francisco Giants), Michael Barrett (Chicago Cubs), Brian Jordan (Atlanta Braves), Dale Murphy (Atlanta Braves), Tony Armis (Montreal Expos), Terrance Newman (Dallas Cowboys), Matt Stenchcome (Tampa Bay Buccaneers) and many more. Dr. Donatelli served as a member of the PBATS (Professional Baseball Athletic Trainers Society) Research Committee from 1996-2001. In addition, he has served as a physical therapy consultant to the Montreal Expos, Philadelphia Phillies, and Milwaukee Brewers baseball teams. Dr. Donatelli has published four textbooks - Physical Therapy of the Shoulder 4th Ed, Orthopedic Physical Therapy 3rd Ed, Biomechanics of the Foot and Ankle 2nd Ed, and Sports Specific Rehabilitation, 2006. Dr. Donatelli has published over 25 articles in peer review journals. Dr. Donatelli lectures throughout the United States, Canada, England, Ireland, Scotland, Australia, Iceland, and lectured at the Swedish Foot and Ankle Society. In addition, Dr. Donatelli was the keynote speaker for the Romanian Physical Therapy Association from 2003 thru 2008.

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