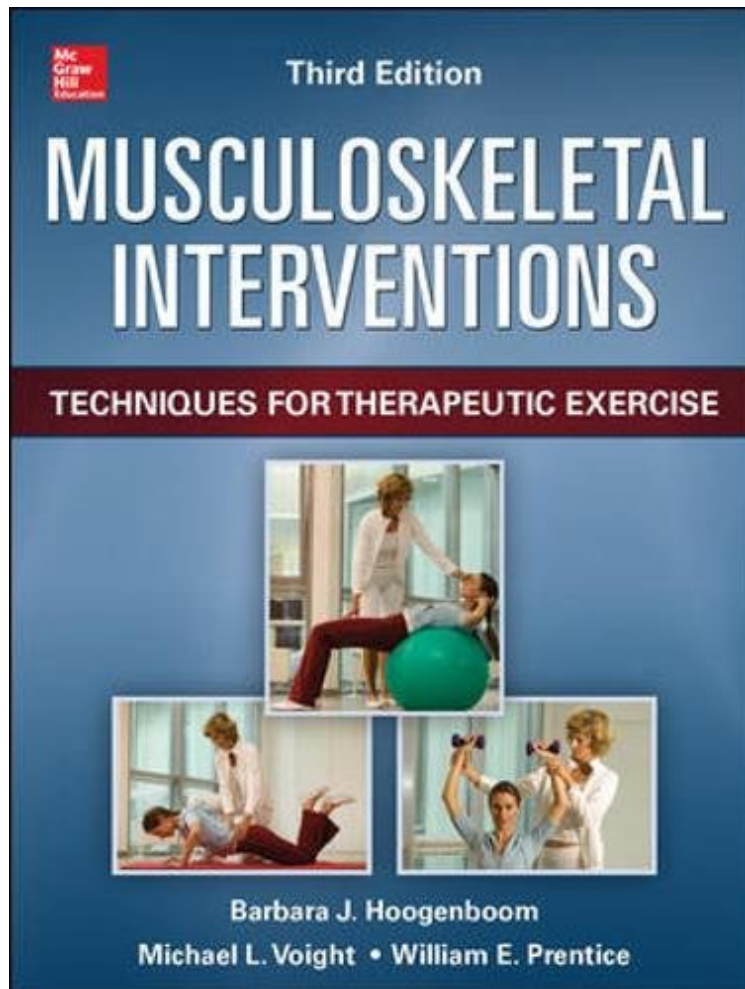


## Musculoskeletal Interventions 3/E

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**Barbara J. Hoogenboom Assistant Professor MHS PT SCS ATC, Michael L. Voight Professor DHSc PT OCS SCS ATC, William E. Prentice Professor PhD PT ATC : Musculoskeletal Interventions 3/E** before purchasing it in order to gage whether or not it would be worth my time, and all praised Musculoskeletal Interventions 3/E:

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editionBy Dr.PhilThe editors of Musculoskeletal Interventions, Barb Hoogenboom, Mike Voight Bill Prentice are leaders in the field of sports physical therapy. They've done a great job updating their previous edition, representing a paradigm shift in rehabilitation: functional movement. They stated, "The purpose of this text is to provide a comprehensive guide to assist practitioners in the design, implementation, and progression of rehabilitation programs for patients with musculoskeletal dysfunction." Musculoskeletal InterventionsThe book meets its purpose through its organization and content, divided into 5 parts. In addition, "Clinical Pearls" are suggested throughout the text, providing helpful hints from seasoned clinicians. The textbook has great photos and graphics that are available to instructors who adopt the textbook.Part 1 (Ch. 1-5) provides the foundation for rehabilitation progressions, including problem-solving, clinical decision-making, and the use of evidence-based practice, including a nice chapter on pain (and impaired posture, of course).Part 2 (Ch. 6-9) provides updated information on treating physiological impairments including function, muscle performance, and neuromuscular function.Part 3 (Ch 10-19) provides the "tools" of rehabilitation with chapters including different techniques such as Reactive Neuromuscular Training, Proprioceptive Neuromuscular Facilitation (PNF), and Open vs. Closed kinetic chain training. I particularly liked several chapters including Chapter 15, "Establishing Core Stability in Rehabilitation," and Chapter 17, "Functional Movement Assessment."Chapter 19, "Functional Training and Advanced Rehabilitation," was my favorite chapter. It begins by providing the neurological basis for functional movement.The authors describe 4 principles of therapeutic exercise prescription:Functional evaluationEvaluation of motor controlOsteo/arthrokinematic limitationsMovement pattern assessmentThe chapter also illustrates corrective exercises using developmental patterns such as rolling, kneeling, and bridging.Part 4 (Ch. 20-28) discusses regional considerations by body part. Each chapter reviews pathomechanics and injury mechanisms focusing on rehabilitation strategies. Specific exercises and rehabilitation progressions are plentiful. Of note is Chapter 27, "Cervical and Thoracic Spine," that reviews several pathologies and provides some great exercise examples.Part 5 (Ch. 29-31) provides very relevant additions to this edition with chapters on special populations including geriatric, pediatric, and active females. Chapter 31 on "Conditions for Physically Active Females" is very comprehensive and includes detailed review of specific injuries and sport-specific considerations.I have found that one of the weaknesses of some new graduates in physical therapy and athletic training is therapeutic exercise prescription and progression. As the editors suggest, this text helps improve "decision making in therapeutic intervention and rehabilitation progression." I highly recommend it as a "must-have" for those interested in musculoskeletal therapeutic exercise prescription and progression. The book is appropriate for both adoption in therapeutic exercise classes and for experienced professionals.

The definitive guide to designing and implementing evidence-based rehabilitation programs using therapeutic exercise -- updated in full colorA Doody's Core Title for 2015! Musculoskeletal Interventions, 3rd Edition, is a comprehensive guide to the system considerations, design, implementation, and progression of rehabilitation programs for musculoskeletal injuries and dysfunction. Encompassing many aspects of musculoskeletal rehabilitation, with contributions from many renowned authors, it focuses on the practical application of theory in a clinical setting, making it valuable to both students and experienced physical therapists. Musculoskeletal Interventions features an easy-to-follow body region and functional approach to intervention strategies and is logically divided into five sections:Foundations of the Rehabilitation ProcessAddresses the important considerations in designing a rehabilitation program for the patient with a musculoskeletal injuryProvides a guide-based overview of the rehabilitation process as well as an introduction to Clinical Reasoning and Algorithmic Thinking in rehabilitationTreating Physiologic Impairments During RehabilitationPresents information on various physical impairments that may need to be addressed as part of the rehabilitation processThe Tools of RehabilitationProvides an overview of important rehabilitation tools and strategiesDelivers detailed coverage of how these interventions should be incorporated into a rehabilitation program to achieve the individualized treatment goals for patients with musculoskeletal pathologiesIntervention Strategies for Specific InjuriesCovers specific rehabilitation techniques and interventions applied to the treatment of a wide variety of regional musculoskeletal injuries, dysfunctions, and post-operative conditionsSpecial Consideration for Specific Patient PopulationsDiscusses treatment considerations for specific patient populations, such as the geriatric patient, pediatric patient, and physically active femaleThis edition is enhanced by a new full-color presentation, as well as the inclusion of valuable learning aids, such as clinical pearls, protocol grids, algorithms, learning objectives at the beginning of each chapter, and end-of-chapter treatment guidelines and references.

About the AuthorBarb Hoogenboom, PT (Grand Rapids, MI) Grand Valley State University, Cook-DeVos Center for Health Sciences. Mike Voight, PT (Nashville, TN) is affiliated with Belmont University. Bill Prentice, PhD, PT is affiliated with University of North Carolina, Chapel Hill.