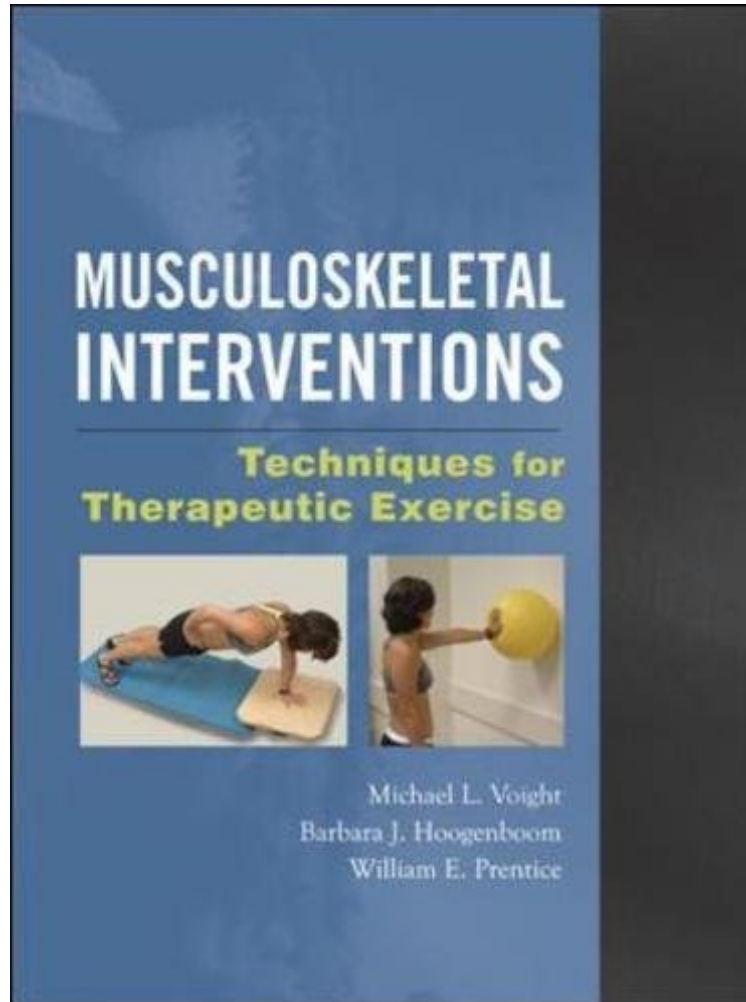


Musculoskeletal Interventions: Techniques for Therapeutic Exercise

Michael Voight, Barbara Hoogenboom, William Prentice
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Michael Voight, Barbara Hoogenboom, William Prentice : Musculoskeletal Interventions: Techniques for Therapeutic Exercise before purchasing it in order to gage whether or not it would be worth my time, and all praised Musculoskeletal Interventions: Techniques for Therapeutic Exercise:

The definitive, A-to-Z overview of evidence-based rehab programs using therapeutic exerciseIn this exceptional evidence-and-guide-based, clinically-oriented resource, you'll learn everything you need to know about the design, implementation, and supervision of therapeutic exercise programs for orthopedic injuries and disorders. The book's logical five-part organization begins with an instructive look at the foundations of the rehabilitation process, then

covers the treatment of physiologic impairments during rehabilitation; rehabilitation tools; intervention strategies; and special considerations for specific patient populations. Features Helpful review of the foundations of the rehabilitation process, thorough coverage of managing the healing process through rehabilitation, and an algorithm-based approach to musculoskeletal rehabilitation Complete survey of rehabilitation tools, from isokinetics, aquatic therapy, and orthotics, to a four-step clinical model for the essentials of functional exercise Full chapters on functional progressions and functional testing and unique coverage of core stabilization training, impaired function, and impaired muscular control Unique coverage of a functional movement screen A practical system for history-taking and scanning Unique coverage of how to treat special segments of the population, including geriatric and pediatric patients, amputees, and the active female An easy-to-follow body region approach to intervention strategies Handy appendices covering the American College of Sports Medicine position statements on strength training and fitness development An abundance of study-enhancing illustrations, plus clinical pearls and protocols designed to speed clinical decision making