



Therapeutic Exercise for Musculoskeletal Injuries, Peggy A. Houglum, Human Kinetics, 2010, 073607595X, 9780736075954, 1019 pages. The third edition of "Therapeutic Exercise for Musculoskeletal" "Injuries" is the most comprehensive text available for understanding and applying therapeutic exercise techniques. Thoroughly updated, this major resource contains an extensive explanation of the science and application involved in developing safe therapeutic programs for the general population as well as individualized programs for specific clientele. With content specifically aligned with the National Athletic Trainers' Association (NATA) accreditation standards," "Therapeutic Exercise for Musculoskeletal" "Injuries "is a key text for students preparing for the athletic trainers' Board of Certification exam. In the text, respected clinician Peggy Houglum presents the most current evidence-based information regarding therapeutic exercise techniques. This information and Houglum's knowledge gained from nearly 40 years of experience working in athletic training facilities, orthopedic physical therapy clinics, hospitals, and sports medicine clinics offer readers a valuable mix of research-based theory and experience-based clinical applications. One of six texts in the" "Athletic Training Education Series, the third edition of" Therapeutic Exercise for Musculoskeletal Injuries "assists readers' understanding of the "why, what, " and "when" of therapeutic exercise techniques. Whereas other texts merely describe "how" to perform therapeutic exercise techniques, Houglum's text details "what" occurs physiologically, "why" applications are important, and "when" treatments are effective. This approach encourages professionals to critically examine each patient's situation and to develop programs to safely rehabilitate injured individuals. Building on the strengths of previous editions, this thoroughly updated third edition contains an increased emphasis on evidence-based approaches to the development of rehabilitation programs. Following are new additions and updates: - New chapters on joint replacement and age-group-specific rehabilitation principles - A more in-depth approach and emphasis on progressions from functional to activity-specific exercise - An enhanced focus on criteria for return to play - A detailed description of articular cartilage healing - Added information on rehabilitation of knee articular resurfacing - An expanded section on spine stabilization techniques - The most current knowledge and trends in care for common tendon pathology For ease of reading and quick reference, each of the exercise progressions and rehabilitation programs presented have been categorized and reformatted. Enhanced with over 900 photos and nearly 300 illustrations, "Therapeutic Exercise for Musculoskeletal Injuries, Third Edition, " stands alone as the most current and valuable reference for rehabilitation professionals. The third edition of "Therapeutic Exercise for Musculoskeletal Injuries "offers a range of learning aids to assist students of diverse learning styles. Chapter objectives, practical scenarios, key points, key terms, sidebars, critical thinking questions, and references will help students absorb, review, integrate, and apply the content. In addition, the text includes approximately 175 lab activities for self-study or for completion in a laboratory setting. The labs ask students to perform techniques and exercises with a partner, make observations and measurements, and design programs for hypothetical patients. Lab activities are separated by chapter and include 5 to 10 exercises per chapter. For instructors, the text includes time-saving supplemental materials, such as a fully updated instructor guide, test bank, and presentation package plus image bank. "Therapeutic Exercise for Musculoskeletal Injuries, Third Edition, " is a part of Human Kinetics' Athletic Training Education Series. Featuring the work of respected authorities in athletic training, this collection of six outstanding textbooks, each with its own supporting instructional resources, parallels and expounds on the content areas in the accreditation

standards" of the NATA Education Council..

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Textbook of Therapeutic Exercises , Narayanan, Dec 1, 2005, Exercise therapy, 243 pages. .

Rehabilitation techniques in sports medicine , William E. Prentice, 1990, , 380 pages. .

Therapeutic Exercise for Athletic Injuries Powerpoint Slides , Peggy A. Houglum, Apr 13, 2004, , 850 pages. The presentation package for Therapeutic Exercise for Musculoskeletal Injuries, Second Edition, includes a comprehensive series of PowerPoint® slides featuring graphics directly

Therapeutic exercises kinesiotherapy, Ora Leonard Huddleston, 1961, Medical, 205 pages. .

Orthopedic and sports physical therapy , Terry Malone, Thomas G. McPoil, Arthur J. Nitz, Jan 1, 1997, Medical, 633 pages. This classic text is the third edition of Gould: Orthopedic and Sports Physical Therapy. It has been extensively revised to make it more valuable in the classroom. Sections on

Therapeutic Modalities for Musculoskeletal Injuries , Craig R. Denegar, Ethan Saliba, Susan Foreman Saliba, 2010, Medical, 291 pages. "Therapeutic Modalities for Musculoskeletal Injuries, Third Edition, "provides comprehensive coverage of evidence-based therapies for rehabilitation of athletic injury. The

Bull's Handbook of Sports Injuries, 2/e , R. Charles Bull, William Roberts, Feb 12, 2004, Medical, 834 pages. Covers the physical examination, assessment and treatment considerations for all major sports injuries. Provides insight into the cause of injuries as a result of a specific

Rehabilitation in Sports Medicine , Paul K. Canavan, 1998, Medical, 399 pages. This comprehensive guide includes both surgical and non-surgical approaches to the rehabilitation and prevention of common athletic injury..

Musculoskeletal Trauma: Implications for Sports Injury Management, Part 351 Implications for Sports Injury Management, Gary Delforge, 2002, Medical, 251 pages. A foundation book on sports injury management with application to musculoskeletal injuries, representing primary clinical concerns for clinicians dealing with sports injuries

Precision Heart Rate Training , Ed Burke, 1998, Health & Fitness, 211 pages. Explains how to use a heart rate monitor to accurately gauge training intensity while walking, running, cycling, skating, circuit training, or multisport training.

Low friction arthroplasty of the hip theory and practice, John Charnley, 1979, Medical, 376 pages. .

Clinical Guide to Sports Injuries , Roald Bahr, Sverre MØrthlum, 2004, Medical, 451 pages. Illustrated with more than 400 full color illustrations and 120 photos, Clinical Guide to Sports Injuries is an outstanding guide to the diagnosis, treatment, and

Therapeutic exercise foundations and techniques, Carolyn Kisner, Lynn Allen Colby, Carolyn N. Burnett, Terri M. Glenn, Cathy J. Konkler, Jun 15, 1996, , 761 pages. .

Clinical Sports Medicine 3E , Peter Brukner, Karim Khan, 1993, , 697 pages. .

