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Therapeutic Exercise: Foundations and Techniques

Carolyn Kisner, Lynn Allen Colby

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Therapeutic Exercise: Foundations and Techniques Carolyn Kisner, Lynn Allen Colby
-- Focuses on all basic therapeutic exercises used for the treatment of musculoskeletal and cardiopulmonary disorders-- Coverage of isokinetics, soft tissue injury repair, surgical procedures, exercise rehabilitation, postoperative management, and posture-- Expanded coverage of functionally related exercises, including closed chain exercises, plyometric and stabilization training-- Functional limitations/disabilities as well as structural problems are identified for each diagnosis-- Guidelines and rationales for choosing and following appropriate exercise procedures-- Clinical skills presented in outline form with accompanying line drawings-- Each chapter begins with learning objectives and concludes with a chapter summary

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