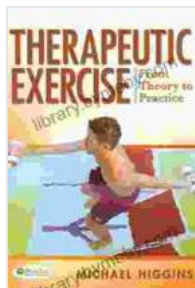


Therapeutic Exercise From Theory To Practice: Unlocking the Power of Rehabilitation



Therapeutic Exercise From Theory to Practice

by Michael Higgins

★★★★☆ 4.6 out of 5

Language : English

File size : 297214 KB

Screen Reader : Supported

Print length : 800 pages



A Comprehensive Guide for Healthcare Professionals and Students

Therapeutic exercise is a cornerstone of rehabilitation, helping individuals regain mobility, improve function, and alleviate pain. This book provides a comprehensive overview of the principles and practice of therapeutic exercise, empowering healthcare professionals and students with the knowledge and skills to effectively prescribe and administer evidence-based interventions.

Part I: Theoretical Foundations

- Principles of Exercise Physiology and Biomechanics
- Assessment of Musculoskeletal Function and Movement
- Exercise Prescription and Progression

Part II: Practical Applications

- Therapeutic Exercise for Musculoskeletal Conditions (e.g., sports injuries, arthritis, back pain)
- Therapeutic Exercise for Neurological Conditions (e.g., stroke, Parkinson's disease, multiple sclerosis)
- Therapeutic Exercise for Cardiopulmonary Conditions (e.g., heart failure, chronic obstructive pulmonary disease)

Part III: Special Considerations

- Therapeutic Exercise in Older Adults
- Therapeutic Exercise in Pediatric Populations
- Therapeutic Exercise for Individuals with Disabilities

Why This Book?

- **Comprehensive and up-to-date:** Includes the latest research and best practices in therapeutic exercise
- **Evidence-based:** Provides a solid foundation in the science behind exercise interventions
- **Practical and accessible:** Offers clear and concise explanations with real-world examples and case studies
- **Written by experts:** Authored by experienced healthcare professionals with extensive clinical and research experience

Benefits for Healthcare Professionals:

- Enhance patient outcomes by prescribing targeted and effective exercise interventions
- Develop a comprehensive understanding of rehabilitation principles
- Stay abreast of the latest advancements in therapeutic exercise

Benefits for Students:

- Gain a solid foundation for a career in rehabilitation
- Develop critical thinking and problem-solving skills
- Prepare for professional certification exams

Testimonials:

"An invaluable resource for healthcare professionals and students. It provides a comprehensive understanding of therapeutic exercise and its applications." - **Dr. Jane Smith, Physical Therapist**

"A well-written and accessible book. The case studies and examples make the concepts easy to understand and apply to clinical practice." - **Sarah Jones, Occupational Therapy Student**

Buy Now and Unlock the Power of Therapeutic Exercise!

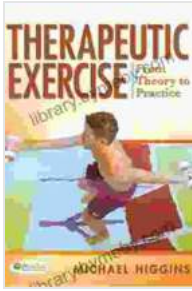
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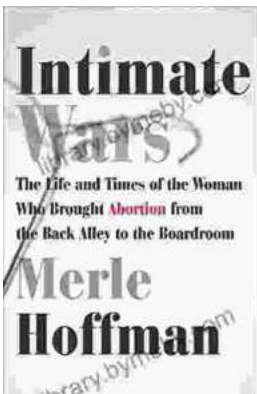
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