



Therapeutic Exercise for Musculoskeletal Injuries - 2nd Edition (Athletic Training Education)

Peggy Houglum

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Therapeutic Exercise for Musculoskeletal Injuries, Second Edition, formerly *Therapeutic Exercise for Athletic Injuries*, will give you a thorough understanding of the science and application involved in creating superior therapeutic programs. Updated and invigorated, the expansive text offers the most comprehensive approach available to therapeutic exercise. It is a major professional resource and the only text students need on the subject.

Therapeutic Exercise for Musculoskeletal Injuries, Second Edition, one of five texts in the Athletic Training Education Series, helps readers develop a deeper understanding of the *why*, *what*, and *when* of therapeutic exercise techniques. It also presents the methodology for developing safe and effective therapeutic programs for the general population as well as individualized programs for specific audiences.

Updates to the new edition include

- the latest information on the regulations affecting the use of therapeutic exercise;

- a new section on Pilates;

- expanded coverage of isokinetics and PNF techniques;

- improved assessment techniques for the sacroiliac;

- consideration of common conditions including facet impingement, spondylolisthesis, and glenoid labrum tear; and

- development of lab activities within the text.

This comprehensive book is organized into 22 chapters and four parts, with each part building on the information from previous parts. **Part I** reviews important concepts related to rehabilitation. **Part II** covers therapeutic exercise parameters and techniques. **Part III** examines general therapeutic applications, and **Part IV** explores specific applications for therapeutic exercise.

Therapeutic Exercise for Musculoskeletal Injuries, Second Edition, is packed with useful elements to help students with different learning styles absorb, review, integrate, and apply the content. Among those elements are chapter objectives, practical scenarios, key points, key terms, sidebars, review questions, lab activities, references, and hundreds of photographs and illustrations. Instructors will also find excellent supplemental materials, making planning and implementing the course easy, thus saving valuable time. These materials, including an instructor guide, test bank, and presentation package, are completely accessible online at www.HumanKinetics.com/TherapeuticExerciseforMusculoskeletalInjuries.

Human Kinetics' Athletic Training Education Series contains five outstanding textbooks, each with its own supporting instructional resources. Featuring the work of respected athletic training authorities, the series was created to parallel and expound on the content areas within the accreditation standards of the Joint Review Committee on Educational Programs in Athletic Training (JRC-AT). This text addresses the JRC-AT standards domains of therapeutic exercise, pathology of injury and illness, assessment and evaluation, and psychosocial intervention and referral.

To learn more about the books in this series, visit the Athletic Training Education Series Web site at www.HumanKinetics.com/AthleticTrainingEducationSeries.

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Therapeutic Exercise for Musculoskeletal Injuries - 2nd Edition (Athletic Training Education) can be one of your starter books that are good idea. Most of us recommend that straight away because this book has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The copy writer giving his/her effort that will put every word into delight arrangement in writing Therapeutic Exercise for Musculoskeletal Injuries - 2nd Edition (Athletic Training Education) however doesn't forget the main position, giving the reader the hottest and based confirm resource facts that maybe you can be among it. This great information may drawn you into new stage of crucial contemplating.

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