



Musculoskeletal Interventions: Techniques for Therapeutic Exercise

Michael Voight, Barbara Hoogenboom, William Prentice

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The definitive, A-to-Z overview of evidence-based rehab programs using therapeutic exercise

In 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

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