

Physical Therapies in Sport and Exercise (Hardback)

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Reviews

This pdf might be well worth a study, and a lot better than other. It really is simplistic but excitement inside the fifty percent in the book. Its been printed in an exceedingly straightforward way which is just after i finished reading this ebook through which really modified me, modify the way i believe. (Derick Brekke)

PHYSICAL THERAPIES IN SPORT AND EXERCISE (HARDBACK)



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Elsevier Health Sciences, United Kingdom, 2007. Hardback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. Physical Therapies in Sport and Exercise provides a truly comprehensive source of the latest evidence-based approaches to the assessment, management, rehabilitation and prevention of injuries related to sport and exercise. Written by an international, multidisciplinary team of contributors, all of whom are leaders in their fields, it has been expertly compiled and edited by two experienced and well-respected practitioners from Australia/New Zealand and the USA.Physical Therapies in Sport and Exercise provides a wealth of evidence-based information with clear guidance on its application to practice. The text is structured in five sections:* Section 1 reviews the anatomical structures involved: muscles, nerves, tendons, ligaments, and bones.* Section 2 discusses important general issues that need to be considered in sports and exercise injury management: pain control, psychological factors, and outcome measures.* Section 3 looks in detail at the injuries affecting different anatomical regions and joints: the thigh, ankle, shoulder, spine, etc.* Section 4 deals with sport and exercise injury management in different groups: children, the elderly, athletes with disability, and women.* Section 5 addresses medical issues involved and the use of imaging techniques and drugs in relation to the management of sports injuries.Fully referenced and research basedInternational team of experts are contributorsApplied/practical approachNew chapters on Cartilage, Prevention of Injury, and Rehabilitation of lower limb muscle and tendon injuriesAuthors are world leading experts in their fields representing 10 countries.

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