



Therapeutic Exercise for Musculoskeletal Injuries (Hardback)

By Peggy A. Houglum

Human Kinetics Publishers, United States, 2010. Hardback. Book Condition: New. 3rd. 290 x 226 mm. Language: English . Brand New Book. The third edition of Therapeutic Exercise for Musculoskeletal Injuries is the most comprehensive text available for understanding and applying therapeutic exercise techniques. Thoroughly updated, this major resource contains an extensive explanation of the science and application involved in developing safe therapeutic programs for the general population as well as individualized programs for specific clientele. With content specifically aligned with the National Athletic Trainers Association (NATA) accreditation standards, Therapeutic Exercise for Musculoskeletal Injuries is a key text for students preparing for the athletic trainers Board of Certification exam. In the text, respected clinician Peggy Houglum presents the most current evidence-based information regarding therapeutic exercise techniques. This information and Houglum's knowledge gained from nearly 40 years of experience working in athletic training facilities, orthopedic physical therapy clinics, hospitals, and sports medicine clinics offer readers a valuable mix of research-based theory and experience-based clinical applications. One of six texts in the Athletic Training Education Series, the third edition of Therapeutic Exercise for Musculoskeletal Injuries assists readers understanding of the why, what, and when of therapeutic exercise techniques. Whereas other texts merely...



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