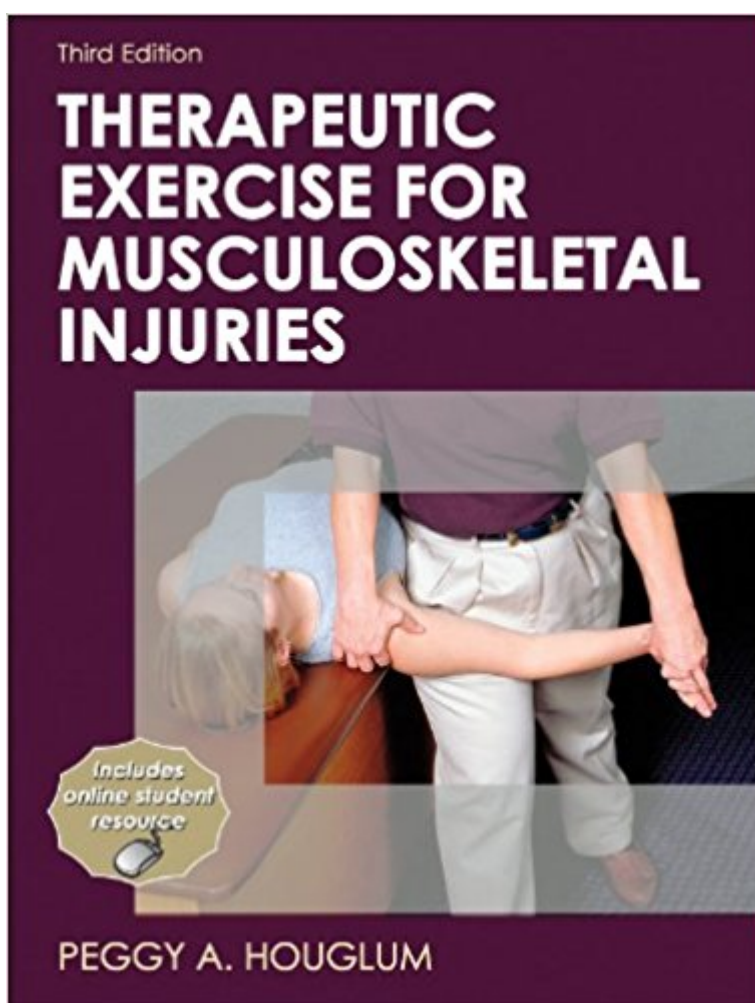


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# Therapeutic Exercise For Musculoskeletal Injuries-3rd Edition (Athletic Training Education)



## Synopsis

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 describe how to perform therapeutic exercise techniques, Houglum's text details what occurs physiologically, why applications are important, and when treatments are effective. This approach encourages professionals to critically examine each patient's situation and to develop programs to safely rehabilitate injured individuals. Building on the strengths of previous editions, this thoroughly updated third edition contains an increased emphasis on evidence-based approaches to the development of rehabilitation programs. Following are new additions and updates:

- New chapters on joint replacement and age-group-specific rehabilitation principles
- A more in-depth approach and emphasis on progressions from functional to activity-specific exercise
- An enhanced focus on criteria for return to play
- A detailed description of articular cartilage healing
- Added information on rehabilitation of knee articular resurfacing
- An expanded section on spine stabilization techniques
- The most current knowledge and trends in care for common tendon pathology

For ease of reading and quick reference, each of the exercise progressions and rehabilitation programs presented have been categorized and reformatted. Enhanced with over 900 photos and nearly 300 illustrations, *Therapeutic Exercise for Musculoskeletal Injuries, Third Edition*, stands alone as the most current and valuable reference for rehabilitation professionals. The third edition of *Therapeutic Exercise for Musculoskeletal Injuries* offers a range of learning aids to assist students of diverse learning styles. Chapter objectives, practical scenarios, key points, key terms, sidebars, critical thinking questions, and references will help students absorb, review, integrate, and apply the

content. In addition, the text includes approximately 175 lab activities for self-study or for completion in a laboratory setting. The labs ask students to perform techniques and exercises with a partner, make observations and measurements, and design programs for hypothetical patients. Lab activities are separated by chapter and include 5 to 10 exercises per chapter. For instructors, the text includes time-saving supplemental materials, such as a fully updated instructor guide, test bank, and presentation package plus image bank, accessible online. Therapeutic Exercise for Musculoskeletal Injuries, Third Edition, is a part of Human Kinetics' Athletic Training Education Series. Featuring the work of respected authorities in athletic training, this collection of six outstanding textbooks, each with its own supporting instructional resources, parallels and expounds on the content areas in the accreditation standards of the NATA Education Council.

## Book Information

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## Customer Reviews

It contains well-organized, well-illustrated information pertaining to the prevention, examination, treatment, and rehabilitation of injuries occurring in physically active people. • SciTech Book News (March 2010) "This book will be useful to anyone attempting to broaden their knowledge of the principles of therapeutic exercise. It offers students and beginning clinicians a useful reference for treatment strategies, rehabilitation program designs, and functional progression, and experienced clinicians a reference on the scientific principles underlying basic therapeutic exercise." • Doody's Book Review (4-star review)

Peggy A. Houglum, PhD, ATC, PT, is an associate professor at the Rangos School of Health Sciences at Duquesne University in Pittsburgh. She has nearly 40 years of experience providing patient and athlete care in a variety of settings, including university athletic training facilities, sports medicine clinics, rehabilitation hospitals, acute care hospitals, burn care, workers' compensation clinics, and extended care facilities. She has also served as an athletic trainer with the United States Olympic Sports Festivals, Olympic Games, and World University Games. Houglum's extensive background as a certified athletic trainer, physical therapist, clinical and classroom educator, and program director provides her with a unique perspective on the appropriate use of therapeutic exercise techniques in rehabilitation programs for treatment of athletic injury. In 1991, Houglum created the National Athletic Trainers' Association's (NATA) first formal continuing education program. Since that time, Houglum has served as chair of the NATA Continuing Education Committee and as a member of the organization's Education Council and the Council on Employment. In 2002, she was named to the NATA Hall of Fame, the association's highest award, and received NATA's Most Distinguished Athletic Trainer Award in 1996. Houglum is a member of the American Physical Therapy Association and its Sports Medicine Section. She is also a member of NATA and serves on the NATA's CEPAT committee and the BOC's Role Delineation #6 Committee. Houglum is an associate editor for Sports Rehabilitation and clinical applications editor of the Journal of Athletic Training. In her free time, Houglum enjoys spending time with family, reading, and painting. She resides in Gibsonia, Pennsylvania.

Great book full of references of different exercises and quality information behind the healing process of different tissues.

This book is great. I highly recommend it for anyone going into the field of rehab or athletic training. There is so much information and great pictures of everything, but I never felt bogged down by the text. I'll keep this book for the rest of my career. Great reference tool.

This book is a great reference book. I use it for class as a reference all of the time. I have never actually read it through but like it as a reference.

Great for what I needed to learn

Very useful

This book is heavy but contains valuable information, I love this book and keep it near me at all times in my classes. I find the pages to be very bright, well illustrated and easy to read

Used this for my therapeutic exercise class and still refer back to it every once in a while.

Arrived on time and in good quality.

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