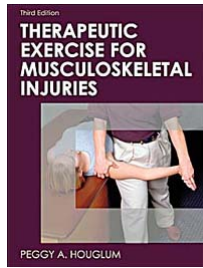


**THERAPEUTIC EXERCISE FOR MUSCULOSKELETAL INJURIES**



**Autor:** Houglum

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## **DESCRIPTION:**

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.

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