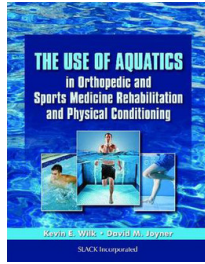


THE USE OF AQUATICS IN ORTHOPEDICS AND SPORTS MEDICINE REHABILITATION AND PHYSICAL CONDITIONING



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DESCRIPTION:

The Use of Aquatics in Orthopedic and Sports Medicine Rehabilitation and Physical Conditioning is a definitive and scientifically based text on the use and application of aquatic methodologies in both rehabilitation and physical conditioning appropriate for the general population to the elite athlete.

The Use of Aquatics in Orthopedic and Sports Medicine Rehabilitation and Physical Conditioning represents a new generation of rehabilitation that is informative enough to be injury and sports specific. Dr. Kevin E. Wilk and Dr. David M. Joyner, along with noted domestic and international leaders in the field, explore the aquatic techniques and principles detailed in the work, while presenting this scientifically based material in an understandable and user-friendly format. Ten chapters take the reader from the history of aquatic rehabilitation and progress to discuss all parameters of aquatic rehabilitation.

Some chapter topics include:

- Theory and applications of aquatic therapy
- Pool selection, facility design, and engineering considerations
- Rehabilitation for the upper and lower extremities and spine
- Sports-specific training
- Research evidence for the benefits of aquatic exercise
- Appendices, including 4 specific protocols for various lesions and disorders

The Use of Aquatics in Orthopedic and Sports Medicine Rehabilitation and Physical Conditioning represents a new era in the use and development of aquatic therapy in sports medicine rehabilitation and is perfect for physical therapists, athletic trainers, strength and conditioning coaches, personal trainers, and sports medicine professionals alike.

CONTENTS:

Section I Pre-Use and Preparation

- Chapter 1. Aquatic Therapy: History, Theory, and Applications
- Chapter 2. Guidelines and Indications for the Use of Aquatic Therapy
- Chapter 3. Pool Selection, Facility Design, and Engineering Considerations

Section II Postinjury, Intervention, and Treatments

- Chapter 4. Aquatic Application for the Lower Extremity
- Chapter 5. Aquatic Application for the Upper Extremity
- Chapter 6. Aquatic Rehabilitation for the Spine
- Chapter 7. Chronic Pain: Fibromyalgia and Other Syndromes

Section III Conditioning and Training

- Chapter 8. Strength Training and Conditioning
- Chapter 9. Sports-Specific Training

Section IV Research and Evidence

- Chapter 10. Research Evidence for the Benefits of Aquatic Exercise

Appendices

- Appendix A. Accelerated Rehabilitation Following ACL-PTG Reconstruction
- Appendix B. Microfracture Procedure (Femoral Condyle)
- Appendix C. Total Hip Replacement: Aquatic Therapy Protocol
- Appendix D. Total Knee Replacement: Aquatic Therapy Protocol
- Appendix E. Nonoperative Treatment of Osteoarthritis of the Knee
- Appendix F. Arthroscopic Anterior Bankart Repair
- Appendix G. Rehabilitation Following Arthroscopic Rotator Cuff Repair_Small to Medium Tears
- Appendix H. Arthroscopic Slap Lesion Repair (Type II)
- Appendix I. Lumbar Stabilization Aquatic Therapy Protocol
- Appendix J. Herniated Discs and Degenerative Joint Disease Protocol

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