

# [PDF] Therapeutic Exercise For Musculoskeletal Injuries 4th Edition With Online Video

Peggy Houglum - pdf download free book

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## THERAPEUTIC EXERCISE FOR MUSCULOSKELETAL INJURIES

Therapeutic Exercise for Musculoskeletal Injuries, Fourth Edition, presents foundational information that builds a thorough understanding of rehabilitative techniques. The author has revised content and chapters in the book, why certain rehabilitation techniques are advantageous, and when certain techniques should be used across rehabilitative time lines. Updated with the latest contemporary science and peer-reviewed data, the fourth edition of Therapeutic Exercise for Musculoskeletal Injuries provides upper- and graduate-level students with the most up-to-date information available on the current research, evidence-based practice, and rehabilitation principles with the Board of Certification in Occupational Therapy (BOC) accreditation standards and prepares students for the NCC's Athletic Trainer's exam. Readers will understand what to expect when treating clients, how to apply evidence-based knowledge in a clinical setting, and how to develop custom individual programs. Featuring more than 800 photos and more than 200 illustrations, the fourth edition of Therapeutic Exercise for Musculoskeletal Injuries has been designed for a clear presentation of content and concise, practical anatomical and physiological concepts. Accompanying online video demonstrates all of the most difficult or unique techniques presented in the text and can be used in the classroom or in everyday practice. The online video can be accessed at [www.humankinetics.com/TherapeuticExerciseForMusculoskeletalInjuries](http://www.humankinetics.com/TherapeuticExerciseForMusculoskeletalInjuries).

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### Description:

*Therapeutic Exercise for Musculoskeletal Injuries, Fourth Edition With Online Video*, presents foundational information that instills a thorough understanding of rehabilitative techniques. Updated

with the latest in contemporary science and peer-reviewed data, this edition prepares upper-undergraduate and graduate students for everyday practice while serving as a referential cornerstone for experienced rehabilitation clinicians. The text details what is happening in the body, why certain techniques are advantageous, and when certain treatments should be used across rehabilitative time lines. Accompanying online video demonstrates some of the more difficult or unique techniques and can be used in the classroom or in everyday practice.

The content featured in *Therapeutic Exercise for Musculoskeletal Injuries* aligns with the Board of Certification's (BOC) accreditation standards and prepares students for the BOC Athletic Trainers' exam. Author and respected clinician Peggy A. Houglum incorporates more than 40 years of experience in the field to offer evidence-based perspectives, updated theories, and real-world applications.

The fourth edition of *Therapeutic Exercise for Musculoskeletal Injuries* has been streamlined and restructured for a cleaner presentation of content and easier navigation. Additional updates to this edition include the following:

- An emphasis on evidence-based practice encourages the use of current scientific research in treating specific injuries.
- Full-color content with updated art provides students with a clearer understanding of complex anatomical and physiological concepts.
- 40 video clips highlight therapeutic techniques to enhance comprehension of difficult or unique concepts.
- Clinical tips illustrate key points in each chapter to reinforce knowledge retention and allow for quick reference.

The unparalleled information throughout *Therapeutic Exercise for Musculoskeletal Injuries, Fourth Edition*, has been thoroughly updated to reflect contemporary science and the latest research. Part I includes basic concepts to help readers identify and understand common health questions in examination, assessment, mechanics, rehabilitation, and healing. Part II explores exercise parameters and techniques, including range of motion and flexibility, proprioception, muscle strength and endurance, plyometrics, and development. Part III outlines general therapeutic exercise applications such as posture, ambulation, manual therapy, therapeutic exercise equipment, and body considerations. Part IV synthesizes the information from the previous segments and describes how to create a rehabilitation program, highlighting special considerations and applications for specific body regions.

Featuring more than 830 color photos and more than 330 illustrations, the text clarifies complicated concepts for future and practicing rehabilitation clinicians. Case studies throughout part IV emphasize practical applications and scenarios to give context to challenging concepts. Most chapters also contain Evidence in Rehabilitation sidebars that focus on current peer-reviewed research in the field and include applied uses for evidence-based practice. Additional learning aids have been updated to help readers absorb and apply new content; these include chapter objectives, lab activities, key points, key terms, critical thinking questions, and references. Instructor ancillaries, including a presentation package plus image bank, instructor guide, and test package, will be accessible online.

*Therapeutic Exercise for Musculoskeletal Injuries, Fourth Edition*, equips readers with comprehensive material to prepare for and support real-world applications and clinical practice.

Readers will know what to expect when treating clients, how to apply evidence-based knowledge, and how to develop custom individual programs.