



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

Peggy Houglum

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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.

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