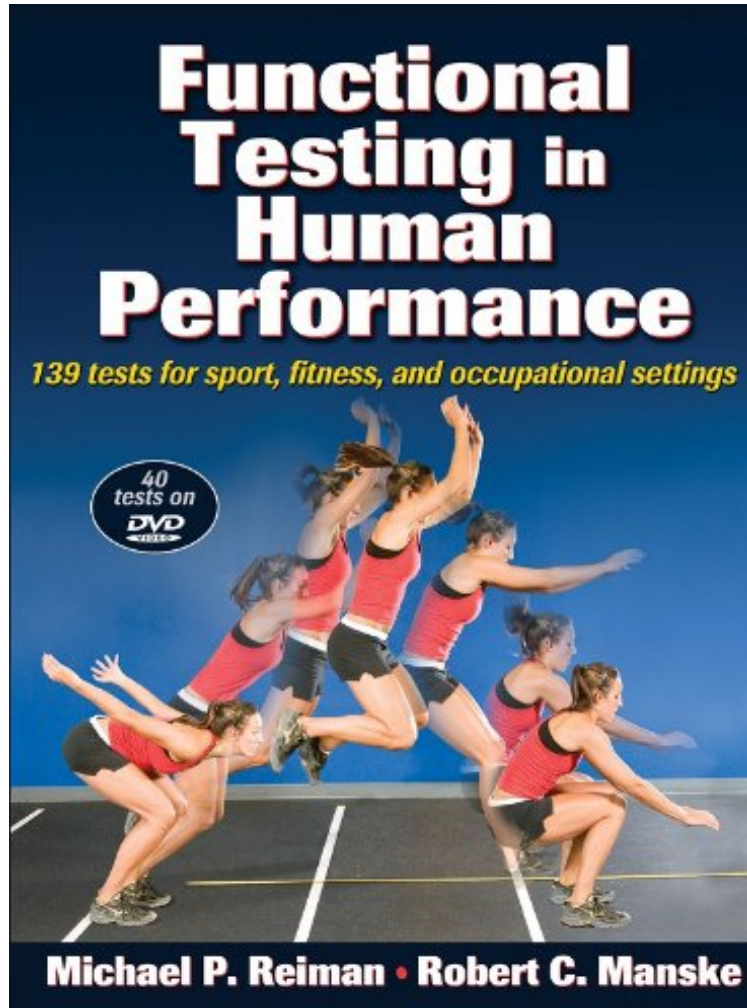


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Functional Testing in Human Performance

Michael Reiman, Robert Manske

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Michael Reiman, Robert Manske : Functional Testing in Human Performance before purchasing it in order to gage whether or not it would be worth my time, and all praised Functional Testing in Human Performance:

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Functional Testing in Human Performance offers clinicians the first-ever compilation of information on clinical and data-based functional testing for sport, exercise, and occupational settings. This unique text serves as a primary

resource for accurate assessment of individuals' functional abilities in order to develop program prescriptions to enhance their performance. *Functional Testing in Human Performance* is a comprehensive learning tool for novices and an essential reference for advanced clinicians. The text defines the role of function in physical performance and how it can be appropriately tested. Especially helpful for novices, the text explains testing criteria, testing terms relevant to research, and selecting the most appropriate test and testing sequence. Common testing mistakes are also presented as well as pitfalls to avoid when testing. The text also includes case studies that illustrate a variety of situations including testing for a client recovering from a lower-extremity injury, discussing preseason testing for a large group of athletes, and presenting the study of a client in an occupational setting. These cases include detailed statistical analysis and normative data, offering clinicians the opportunity to consider the application of functional testing and implementation strategies adaptable to their specific practice setting. After laying a foundation, the text progresses to detailed testing procedures for discrete physical parameters and specific regions of the body. Tests are organized from least to most complex, and each test is presented in a step-by-step manner outlining the purpose of the test, equipment needed, testing procedure and recommendations for performing the test, interpretation of results, and the data to suggest normative values, reliability, and validity for each test. This formatting facilitates quick reference to testing information for on-the-spot use, whether in the clinic, athletic training room, gym, or job site. Throughout the text, the functional tests are accompanied by photos for visual clarity. To enhance understanding, a companion DVD features live-action demonstrations of 40 of the most advanced tests. Icons on those test pages indicate they are modeled on the DVD. In addition, the DVD may be loaded onto a computer to offer convenient print-on-demand access to reproducible forms for recording data from selected tests. *Functional Testing in Human Performance* offers a unique and comprehensive reference for assessment of physical activities in sport, recreation, work, and daily living. By presenting the theory and detailing the practice, this text assists clinicians in understanding and incorporating functional testing to identify their patients' or clients' limitations and enhance their performance, rehabilitation, and daily functioning.

This text is a long time in coming and should be well received by professionals in the clinical setting, the athletic training room, or the weight room a compilation of functional testing techniques in one convenient resource. --*Journal of Orthopaedic Sports Physical Therapy* a thorough resource for functional assessment of the entire body. --NATA News Clinicians, in particular (both novices and advanced practitioners), will find this text helpful due to the exceptionally well-organized presentation of the clinical- and data-based functional testing protocols and the thoroughness of the explanations. --*Journal of Dance Medicine and Science* a thorough resource for functional assessment of the entire body. NATA News About the Author Michael P. Reiman, PT, DPT, MEd, OCS, ATC, CSCS, is an assistant professor of physical therapy at Wichita State University. As a clinician certified in functional movement screen testing, Reiman has over 18 years of experience in assessing, rehabilitating, and training athletes, clients, and patients at various levels of ability. He received his doctoral degree in physical therapy from MGH Institute of Health Professions in 2007. Previously, Reiman was owner and operator of a business specializing in personal strength and conditioning for athletes. In addition to his certifications as an athletic trainer and strength and conditioning specialist, Reiman is a USA Weightlifting level 1 coach and a USA Track and Field level 1 coach. Reiman has published two book chapters on training for strength, power, and endurance as well as multiple articles in such journals as the *American Journal of Sports Medicine*, *Journal of Orthopedic and Sports Physical Therapy*, and *Journal of Sport Rehabilitation*. He presents on various levels of assessment and treatment methods at national, regional, and local conferences and actively participates in research regarding various testing methods for performance. His current research and presentation interests focus on performance enhancement, low back pain, and trunk endurance in athletes and individuals in occupational environments. He is currently completing a manual therapy fellowship from the American Academy of Orthopaedic Manual Physical Therapists and continues to practice clinically on various orthopedic and sport-related injuries. Reiman currently serves on the editorial board for the *Journal of Sport Rehabilitation* and is a reviewer for the *Journal of Orthopaedic and Sports Rehabilitation* and the *Journal of Manual and Manipulative Therapy*. In 2007, Reiman was the recipient of the Rodenberg Excellence in Teaching Award from the College of Health Professions at Wichita State University. He is a member of the American Physical Therapy Association, National Athletic Trainers' Association, National Strength and Conditioning Association, USA Weightlifting Association, and USA Track and Field Association. In his free time, Reiman enjoys spending time with his family, coaching youth sports, watching college football, and bicycling. He resides in Colwich, Kansas. Robert C. Manske, PT, DPT, MEd, SCS, ATC, CSCS, is an associate professor of physical therapy at Wichita State University. He earned a doctoral degree in physical therapy in 2006 from the MGH Institute of Health Professions. Manske was also a sport physical therapy fellow, training under the guidance of George J. Davies in one of the first sport physical therapy residency programs. As a practicing physical therapist, Manske has over 14 years of clinical experience in rehabilitation and is currently researching knee and shoulder rehabilitation and sport performance enhancement. Manske has published multiple book chapters, research studies, articles, and home study courses regarding sport rehabilitation and presented his research at international, national, regional, and local

rehabilitation continuing education venues. Manske is the editor of Postsurgical Orthopedic Sports Rehabilitation: Knee and Shoulder and an APTA Sports Section monograph titled Patellofemoral Joint Revisited: Implications for the 21st Century. He is a board-certified sport physical therapist, certified athletic trainer, and certified strength and conditioning specialist. He is also a member of American Physical Therapy Association and the National Athletic Trainers' Association. He serves as chair of the Knee Special Interest Group and chair of the membership committee for the Sports Section of the APTA. Manske presents 15 to 20 weekend courses on various shoulder and knee topics throughout the year and still remains active in clinical practice using functional testing on multiple orthopedic and athletic patients weekly. In 2007, Manske received the Sports Section Excellence in Education Award from the American Physical Therapy Association. He has also received the Kansas Physical Therapy Educator award from the Kansas Physical Therapy Association (2003) and the Rodenberg Teaching Award from the College of Health Professions at Wichita State University (2004). Manske and his wife, Julie, live in Wichita. He enjoys spending time with his family and watching college basketball.