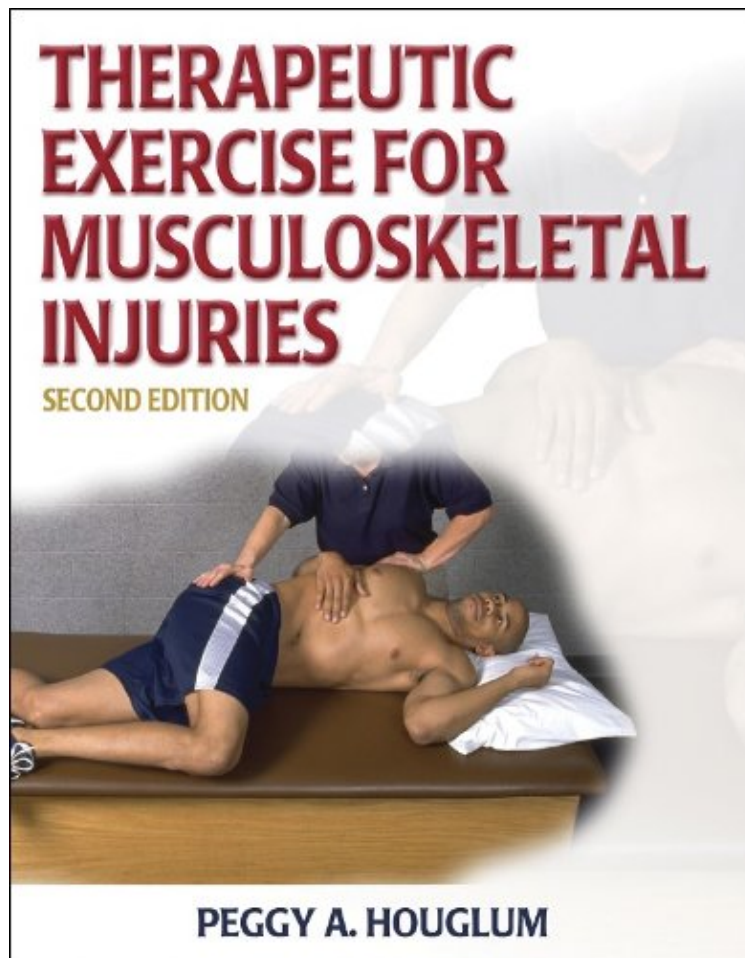


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## Therapeutic Exercise for Musculoskeletal Injuries - 2nd Edition (Athletic Training Education)

*Peggy Houglum*

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**Peggy Houglum : Therapeutic Exercise for Musculoskeletal Injuries - 2nd Edition (Athletic Training Education)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Therapeutic Exercise for Musculoskeletal Injuries - 2nd Edition (Athletic Training Education):

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Therapeutic Exercise for Musculoskeletal Injuries, Second Edition, formerly Therapeutic Exercise for Athletic Injuries, will give you a thorough understanding of the science and application involved in creating superior therapeutic exercise programs. Updated and invigorated, the expansive text offers the most comprehensive approach available to therapeutic exercise. It is a major professional resource and the only text students need on the subject. Therapeutic Exercise for Musculoskeletal Injuries, Second Edition, one of five texts in the Athletic Training Education Series, helps readers develop a deeper understanding of the why, what, and when of therapeutic exercise techniques. It also presents the methodology for developing safe and effective therapeutic programs for the general population as well as individualized programs for specific audiences. Updates to the new edition include-the latest information on the regulations affecting the use of therapeutic exercise;-a new section on Pilates;-expanded coverage of isokinetics and PNF techniques;-improved assessment techniques for the sacroiliac;-consideration of common conditions including facet impingement, spondylolisthesis, and glenoid labrum tear; and-development of lab activities within the text. This comprehensive book is organized into 22 chapters and four parts, with each part building on the information from previous parts. Part I reviews important concepts related to rehabilitation. Part II covers therapeutic exercise parameters and techniques. Part III examines general therapeutic applications, and Part IV explores specific applications for therapeutic exercise. Therapeutic Exercise for Musculoskeletal Injuries, Second Edition, is packed with useful elements to help students with different learning styles absorb, review, integrate, and apply the content. Among those elements are chapter objectives, practical scenarios, key points, key terms, sidebars, review questions, lab activities, references, and hundreds of photographs and illustrations. Instructors will also find excellent supplemental materials, making planning and implementing the course easy, thus saving valuable time. These materials, including an instructor guide, test bank, and presentation package, are completely accessible online at [www.HumanKinetics.com/TherapeuticExerciseforMusculoskeletalInjuries](http://www.HumanKinetics.com/TherapeuticExerciseforMusculoskeletalInjuries). Human Kinetics' Athletic Training Education Series contains five outstanding textbooks, each with its own supporting instructional resources. Featuring the work of respected athletic training authorities, the series was created to parallel and expound on the content areas within the accreditation standards of the Joint Review Committee on Educational Programs in Athletic Training (JRC-AT). This text addresses the JRC-AT standards domains of therapeutic exercise, pathology of injury and illness, assessment and evaluation, and psychosocial intervention and referral. To learn more about the books in this series, visit the Athletic Training Education Series Web site at [www.HumanKinetics.com/AthleticTrainingEducationSeries](http://www.HumanKinetics.com/AthleticTrainingEducationSeries).

"An excellent text that serves its intended audience well. Physical Therapy" (December 2005) "This is an excellent resource replete with many ideas that can immediately implemented. Doody's Book Service" (review of first edition) "The design and format of the book makes it ideal for use as a textbook. E-streams" (review of first edition) "is a valuable addition to libraries and information centers that serve teachers and students of sports science and athletic training. E-streams" (review of first edition) ...An excellent text that serves its intended audience well. Physical Therapy (December 2005) This is an excellent resource replete with many ideas that can immediately implemented. Doody's Book Service (review of first edition) The design and format of the book makes it ideal for use as a textbook... E-streams (review of first edition)...is a valuable addition to libraries and information centers that serve teachers and students of sports science and athletic training. E-streams (review of first edition) About the Author Peggy A. Houglum, PhD, ATC, PT, is an assistant professor at Duquesne University in Pittsburgh. She has more than 30 years of experience in rehabilitation providing patient and athlete care. Her extensive background as a certified athletic trainer and physical therapist has provided her with a unique perspective regarding rehabilitation programs that make therapeutic exercise techniques meaningful and appropriate for athletic injury treatment. Dr. Houglum has clinical experience in a variety of settings including acute care and rehabilitation hospitals, sports medicine clinics, and athletic training facilities. She has also served as an athletic trainer with the United States Olympic Sports Festivals, Olympic Games, and World University Games. A member of the American Physical Therapy Association's Sports Medicine Section and National Athletic Trainers Association (NATA), Houglum is currently chair of the NATA Continuing Education Committee. She created the NATA's first formal continuing education programming in 1991. In 2002 she was named to the NATA Hall of Fame, the association's highest award, and received NATA's Most Distinguished Athletic Trainer Award in 1996. Dr. Houglum is also clinical applications editor of the Journal of Athletic Training. She earned her bachelor's degree in physical therapy from the University of Minnesota, master's degree in athletic training from Indiana State University, and PhD in sports medicine from the University of Virginia.