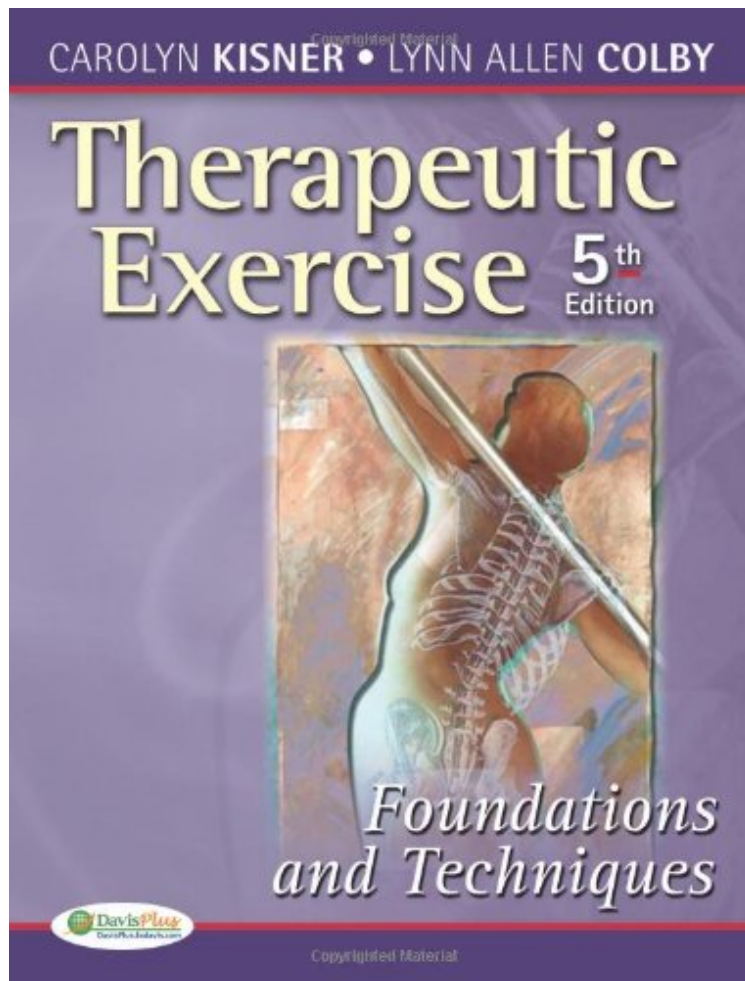


[Free pdf] Therapeutic Exercise: Foundations and Techniques (Therapeutic Exercise: Foundations Techniques) (5th edition)

## Therapeutic Exercise: Foundations and Techniques (Therapeutic Exercise: Foundations Techniques) (5th edition)

Carolyn Kisner PT MS, Lynn Allen Colby PT MS  
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**Carolyn Kisner PT MS, Lynn Allen Colby PT MS : Therapeutic Exercise: Foundations and Techniques (Therapeutic Exercise: Foundations Techniques) (5th edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Therapeutic Exercise: Foundations and Techniques (Therapeutic Exercise: Foundations Techniques) (5th edition):

3 of 3 people found the following review helpful. Authors need somebody to help them with math.By NatalieThere are good exercises and techniques described in the book, though they could be better organized. Some information given there is inaccurate: 2 oz not equal 20 grams. It's 60 grams (p.798). They claim 16 -19 inches to be 33-39 cm while it would be 40 to 48 cm. Still don't know where did they get those numbers from for newborn babies' heights. Most of

babies I know about have been born between 51 -58 cm (20-23 inches) and they are not giants, just average babies. At the same page they mention that 23 cm is 14 inches while it's just 9 inches! Authors, if you don't know how to converse the numbers, please mention inches only, don't confuse people. Otherwise, students don't know which numbers you meant to be correct, it's very distracting for studying. 21 of 21 people found the following review helpful. Great for injury self-management  
By AJHad broken arm (sports injury). I felt that my Kaiser medical professionals' explanations of injury, treatment and rehabilitation were not informative enough. Got this book and was very happy because it explains things THOROUGHLY! Am making good rehab progress because I'm doing exercises that the book shows and explains (exercises that my Physical Therapist hadn't shown or given to me). The book is intended for professional Physical Therapists, but it is excellent for physically-active lay people who are willing to take some time and effort to learn about human physiology and some technical/medical terminology. HIGHLY RECOMMENDED! I also bought Trail Guide to the Body: How to Locate Muscles, Bones, and More (3rd Edition)--another good reference book. 2 of 2 people found the following review helpful. information for interested folks  
By RJTIf you want info about your P.T. regimen, perhaps look to this older, but inexpensive edition (used) of a P.T. textbook. After hip replacement, I wanted to understand after 9 or 10 P.T. sessions just what was happening and if there were more things I could do on my own or understand better how not to fall apart completely as I approach 70. While guidance from my therapist was necessary, the reading for enlightenment is what I sought and I got it in this book. Interesting reading ...

Thoroughly revised and updated throughout; in a long wearing, hard cover binding, Kisner Colby's 5th Edition offers the most up-to-date exercise guidelines for individualizing interventions for individuals with movement disorders. Now, with even more illustrations, it encompasses all of the principles of therapeutic exercise and manual therapy. This renowned manual remains the authoritative source for exercise instruction for the therapist and for patient self management.