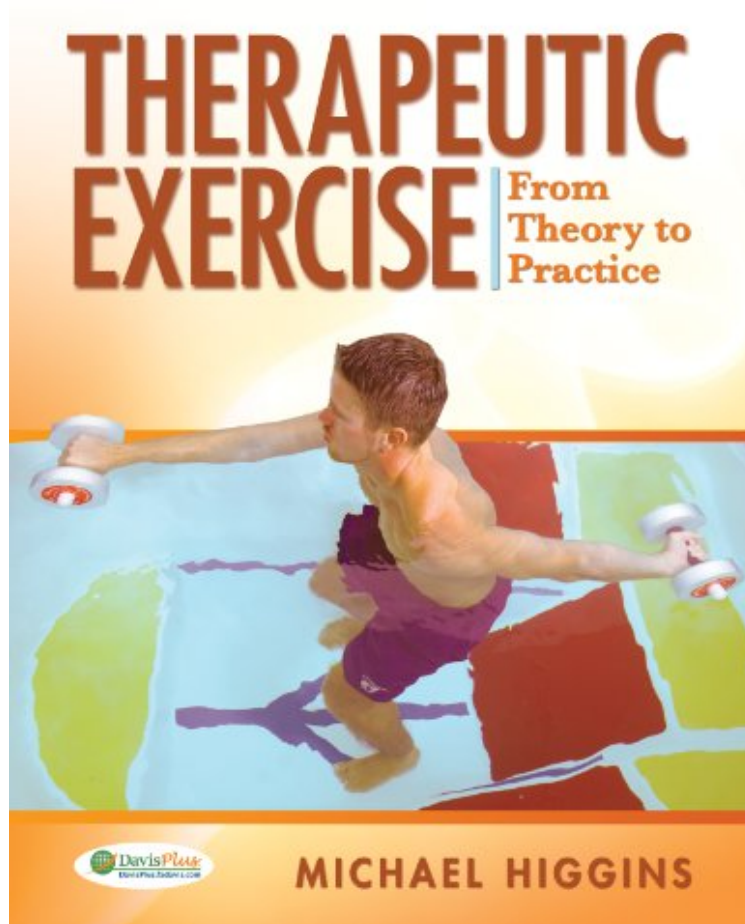


Therapeutic Exercise: From Theory to Practice

Michael Higgins PhD ATC PT CSCS
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#559211 in Books Higgins Higgins Michael 2011-04-19 Original language: English PDF # 1 11.00 x 1.50 x 8.751, 4.70 #File Name: 0803613644800 pages Therapeutic Exercise From Theory to Practice | File size: 77.Mb

Michael Higgins PhD ATC PT CSCS : Therapeutic Exercise: From Theory to Practice before purchasing it in order to gauge whether or not it would be worth my time, and all praised Therapeutic Exercise: From Theory to Practice:

0 of 0 people found the following review helpful. Five Stars By Customer Nice book... 0 of 0 people found the following review helpful. Five Stars By Katie Bradley Very easy read and it came in the mail quickly. 1 of 1 people found the following review helpful. Love it! By Kristin I am a physical therapy student that recently graduated with my athletic training degree. This book was one of the required reading for my therapeutic exercise class in undergrad. This was an excellent book. I used this as a reference in many of my athletic training classes. After I graduated with an athletic training degree, I started pursuing my doctoral degree in physical therapy. This semester I am taking a therapeutic exercise class and I have been using this book as a reference throughout this course. Although we have other books for

this class, I think that the layout in this book makes it easy to refer back to topics we are discussing. Many of my classmates like to sell back their textbooks but this is one that I will keep in my library and will also use it to help study for my boards exam. I would definitely recommend this book for anyone interested in therapeutic exercise.

Here's the text that builds a strong foundation in the science of sports medicine, and teaches you to apply that knowledge to the planning, development, and implementation of therapeutic exercise programs for specific dysfunctions for all joints of the body. You'll begin with an introduction to the science behind rehabilitation and the application of specific techniques. Then, for each joint, guided decision-making, chapter-specific case studies, lab activities and skill performance help you meet all of the competencies for therapeutic exercise required by the NATA.