



Exercise Therapy in the Management of Musculoskeletal Disorders

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DESCRIPTION

Exercise Therapy in the Management of Musculoskeletal Disorders covers the fundamentals of using exercise as a treatment modality across a broad range of pathologies including osteoarthritis, inflammatory arthropathies and osteoporosis. As well as offering a comprehensive overview of the role of exercise therapy, the book evaluates the evidence and puts it to work with practical ideas for the management of musculoskeletal disorders in different areas of the body, for differing pathologies and for a range of patients.

Part 1 introduces the reader to the role of exercise in managing musculoskeletal disorders and covers measurement and assessment. Part 2 looks at the regional application of exercise therapy with chapters on areas of the body such as the cervical spine, the shoulder complex and the knee. Part 3 examines specific populations: the developing child, the cardiac and respiratory patient, obesity and osteoporosis.

Exercise Therapy in the Management of Musculoskeletal Disorders is an invaluable resource for student physiotherapists as well as clinicians designing rehabilitation programmes for their patients.

KEY FEATURES

- Concise and comprehensive
- Team of expert contributors
- Offers practical guidance

- Evaluates the evidence
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ABOUT THE AUTHOR

Dr. Fiona Wilson values the ability to provide a wide range of quality services to people of all ages. She partners with her patients, giving them the education and information they need to make healthy lifestyle decisions on their own and prevent illnesses as much as possible.

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FEATURES

- - Provides a concise and comprehensive guide to exercise intervention within musculoskeletal physiotherapy
 - Offers practical guidance for the use of exercise therapy in the management of musculoskeletal disease in different areas of the body and for differing pathologies.
 - Evaluates the evidence for using exercise therapy as a treatment modality.
 - Examines the potential of exercise as a treatment therapy.
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