

Therapeutic exercise: foundations and techniques

Kisner, Carolyn, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20450048&lokasi=lokal>

Abstrak

Thoroughly revised and updated throughout, the 6th edition offers up-to-date exercise guidelines for individualizing interventions for those with movement disorders. Now with contributions from the leading experts in the field, it encompasses all of the principles of therapeutic exercise and manual therapy, including spinal surgery and spinal manipulation. This manual is a source for exercise instruction for the therapist and for patient self-management. It provides access to Kisner and Colby's Therapeutic Exercise Video Library online at DavisPlus, featuring over 30 new full color video clips, 94 in all, demonstrating basic therapeutic exercises and techniques.