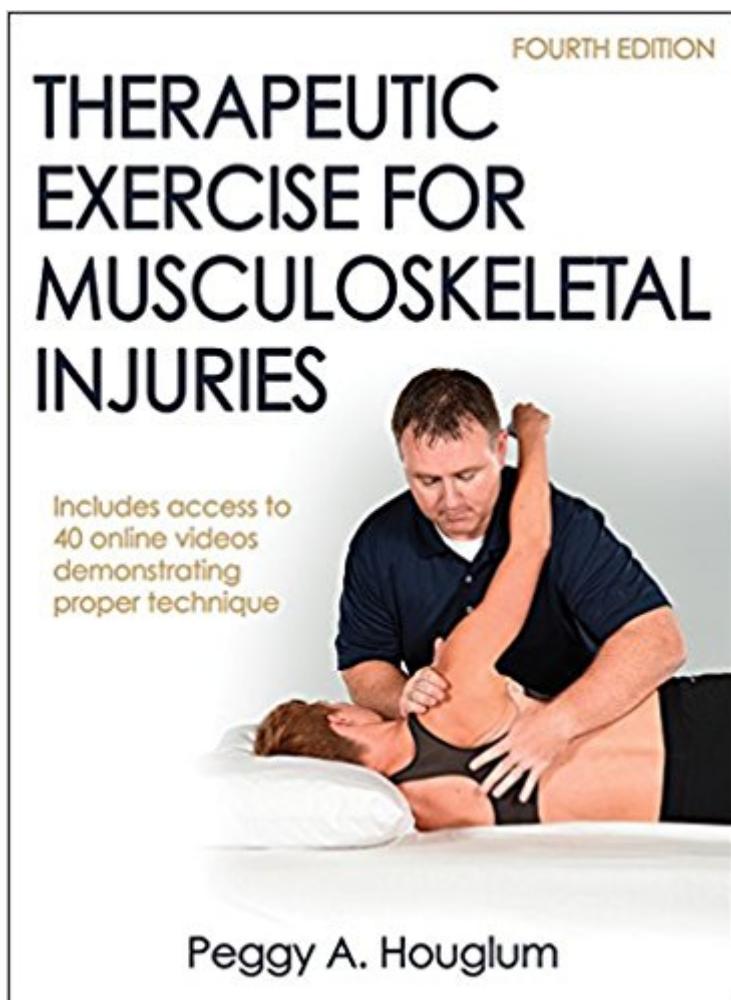


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# Therapeutic Exercise For Musculoskeletal Injuries 4th Edition With Online Video



## Synopsis

Therapeutic Exercise for Musculoskeletal Injuries, Fourth Edition With Online Video, presents foundational information that instills a thorough understanding of rehabilitative techniques. Updated with the latest in contemporary science and peer-reviewed data, this edition prepares upper-undergraduate and graduate students for everyday practice while serving as a referential cornerstone for experienced rehabilitation clinicians. The text details what is happening in the body, why certain techniques are advantageous, and when certain treatments should be used across rehabilitative time lines. Accompanying online video demonstrates some of the more difficult or unique techniques and can be used in the classroom or in everyday practice. The content featured in Therapeutic Exercise for Musculoskeletal Injuries aligns with the Board of Certification® (BOC) accreditation standards and prepares students for the BOC Athletic Trainers® exam. Author and respected clinician Peggy A. Hougum incorporates more than 40 years of experience in the field to offer evidence-based perspectives, updated theories, and real-world applications. The fourth edition of Therapeutic Exercise for Musculoskeletal Injuries has been streamlined and restructured for a cleaner presentation of content and easier navigation. Additional updates to this edition include the following:

- An emphasis on evidence-based practice encourages the use of current scientific research in treating specific injuries.
- Full-color content with updated art provides students with a clearer understanding of complex anatomical and physiological concepts.
- 40 video clips highlight therapeutic techniques to enhance comprehension of difficult or unique concepts.
- Clinical tips illustrate key points in each chapter to reinforce knowledge retention and allow for quick reference.

The unparalleled information throughout Therapeutic Exercise for Musculoskeletal Injuries, Fourth Edition, has been thoroughly updated to reflect contemporary science and the latest research. Part I includes basic concepts to help readers identify and understand common health questions in examination, assessment, mechanics, rehabilitation, and healing. Part II explores exercise parameters and techniques, including range of motion and flexibility, proprioception, muscle strength and endurance, plyometrics, and development. Part III outlines general therapeutic exercise applications such as posture, ambulation, manual therapy, therapeutic exercise equipment, and body considerations. Part IV synthesizes the information from the previous segments and describes how to create a rehabilitation program, highlighting special considerations and applications for specific body regions. Featuring more than 830 color photos and more than 330 illustrations, the text clarifies complicated concepts for future and practicing rehabilitation clinicians. Case studies throughout part IV emphasize practical applications and scenarios to give context to challenging concepts. Most chapters also

contain Evidence in Rehabilitation sidebars that focus on current peer-reviewed research in the field and include applied uses for evidence-based practice. Additional learning aids have been updated to help readers absorb and apply new content; these include chapter objectives, lab activities, key points, key terms, critical thinking questions, and references. Instructor ancillaries, including a presentation package plus image bank, instructor guide, and test package, will be accessible online.

*Therapeutic Exercise for Musculoskeletal Injuries*, Fourth Edition, equips readers with comprehensive material to prepare for and support real-world applications and clinical practice. Readers will know what to expect when treating clients, how to apply evidence-based knowledge, and how to develop custom individual programs.

## **Book Information**

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## **Customer Reviews**

Peggy A. Hougum, PhD, is a retired associate professor at the Rangos School of Health Sciences at Duquesne University in Pittsburgh. She has more than 40 years of experience as a certified athletic trainer and licensed physical therapist, providing patient and athlete care in a variety of settings, including university athletic training facilities, sports medicine clinics, rehabilitation hospitals, acute care hospitals, burn care, workers' compensation clinics, and extended care facilities. She has also served as an athletic trainer with the United States Olympic Sports Festivals, Olympic Games, and World University Games. Hougum's extensive background as a certified athletic trainer, physical therapist, clinical and classroom educator, and program director provides her with a unique perspective on the appropriate use of therapeutic

exercise techniques in rehabilitation programs for treatment of athletic injury. In 1991, Hougum created the National Athletic Trainers' Association's (NATA) first formal continuing education program. Since that time, Hougum has served as chair of the NATA Continuing Education Committee and as a member of the organization's Education Council and the Council on Employment. In 2002, she was named to the NATA Hall of Fame, the association's highest honor, and received NATA's Most Distinguished Athletic Trainer Award in 1996. In 2009, Hougum was named Most Influential Rehabilitation Professional in Physical Therapy by Therapy Times. Hougum is a member of the American Physical Therapy Association and its Sports Medicine Section. She is also a member of NATA and served on the NATA's CEPAT committee and the BOC's Role Delineation #6 and #7 Committees. Hougum continues to serve as associate editor for Sports Rehabilitation. Hougum was keynote speaker at the 2011 Hong Kong Society for Surgery of the Hand Conference, where she made two additional presentations. She has contributed to the advancement of sport rehabilitation through several international, national, and regional presentations. Over the years she has coauthored textbooks, written journal articles, and contributed chapters to sports medicine texts.

Hougum enjoys spending time with family and friends, reading, painting, biking, and snowshoeing. She resides in Cedar Grove, Wisconsin.

This book is great and having the last version was so helpful but the updates they've made to it for this version is even better. Any injury rehab protocol is in this book.

I love this book.

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(Management of Common Musculoskeletal Disorders (Hertling)) Atlas of Ultrasound Guided  
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