



# **Exercise Therapy in the Management of Musculoskeletal Disorders**

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## Exercise Therapy in the Management of Musculoskeletal Disorders

*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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