



## Therapeutic Exercise: Techniques for Intervention

*William D. Bandy PhD PT SCS ATC, Barbara Sanders PhD PT SCS*

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This entirely new resource focuses on the implementation of treatment plans and intervention using the newest appropriate therapeutic exercise techniques. Designed to be used after the patient has been examined and the impairment has been identified, it provides descriptions and rationale for use of a wide range of exercises to improve a patient's function and health status and to prevent potential future problems. The techniques presented accomplish a variety of goals, including increased mobility and strength, and introduce the important concepts of balance and posture, body mechanics, and spinal stabilization. The description of the purpose, position and procedure is given for each technique, providing a complete understanding of the exercise. Pediatric and Geriatric Boxes in each chapter provide information that is vital for understanding the appropriate use of therapeutic exercises across the lifespan. **Therapeutic Exercise** also includes case studies that apply techniques to actual patients and "Clinical Guidelines" that provide information such as the how, why, and when to use specific techniques. Contributions of 14 therapeutic exercise leaders in the fields of exercise science and physical therapy make the text a comprehensive, well-rounded overview of techniques for students and professionals.



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