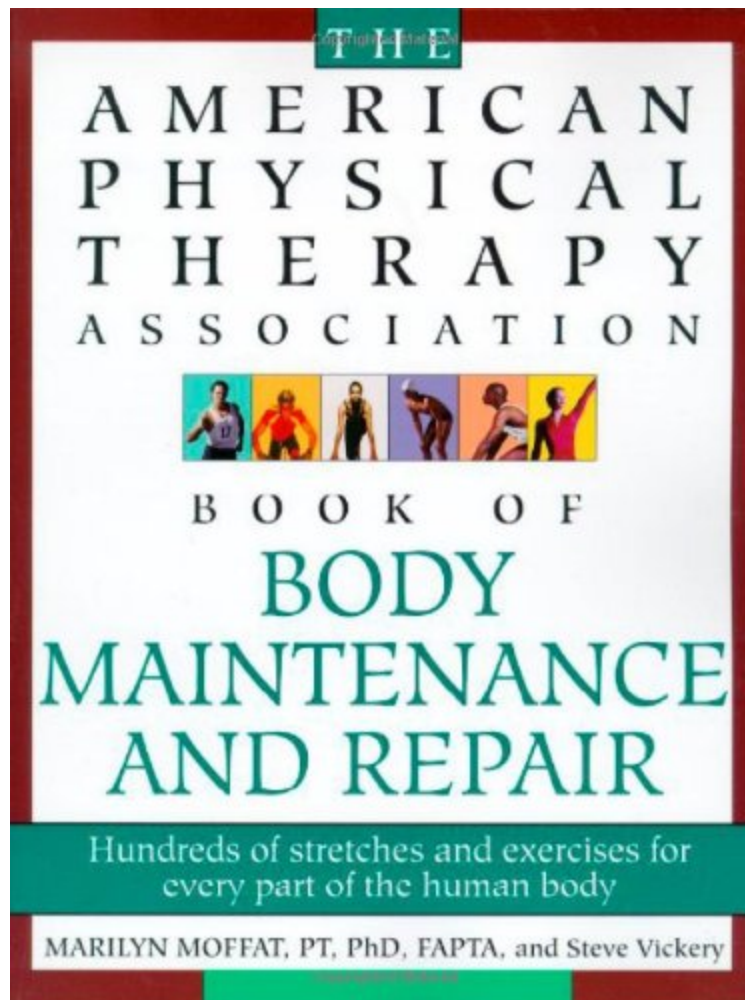


The American Physical Therapy Association Book of Body Maintenance and Repair

Steve Vickery, Marilyn Moffat

*Download PDF | ePub | DOC | audiobook | ebooks



[Download](#) [Read Online](#)

#55106 in Books Unknown 1999-04-15 1999-04-15 Ingredients: Example Ingredients Original language: English PDF # 1 .43 x .66 x 8.50l, 1.75 #File Name: 0805055711288 pages The American Physical Therapy Association Book of Body Repair and Maintenance Hundreds of Stretches and Exercises for Every Part of the Human Body | File size: 22.Mb

Steve Vickery, Marilyn Moffat : The American Physical Therapy Association Book of Body Maintenance and Repair before purchasing it in order to gage whether or not it would be worth my time, and all praised The American Physical Therapy Association Book of Body Maintenance and Repair:

1 of 1 people found the following review helpful. Excellent book By Omar E. Valentin Great book for non-medical personnel. Illustrations and exercise explanations are on point. At the beginning the author gives you a short chapter introduction so you can remember a couple of things before going into the exercises chapter. Easy to read and follow. Great for self improvement. 1 of 1 people found the following review helpful. with very good illustrations. Read the

chapters before the pictures and ...By Susan Fuller This book was published in 1999, but the human body hasn't changed, so it's just what it says it is, maintenance and repair instructions, with very good illustrations. Read the chapters before the pictures and this book will help you take care of your own musculoskeletal system without a doctor's appointment. Very good reference. 0 of 0 people found the following review helpful. Great book with grwat pics of pretty much any strengthening ...By Diana M. Great book with grwat pics of pretty much any strengthening and stretching exercise! The used version was in New condition!

The new standard in fitness books, featuring hundreds of at-home stretches and exercises. At last, the first complete, fully illustrated compendium of stretching and exercises for every part of the body, backed by the experience and medical and scientific authority of the American Physical Therapy Association. Each exercise in the book has been prepared and reviewed by a special editorial board, chaired by Dr. Marilyn Moffat, president emeritus of the APTA, and widely considered to be the preeminent expert in the field. Broken down into three major sections, The American Physical Therapy Association Book of Body Repair and Maintenance first offers illustrated descriptions of the structure and mechanics of each major body part, explaining what can go wrong and how to properly care for that area. A middle section provides general information on posture, body mechanics, weight control, aerobic conditioning, and maintenance programs. Each chapter references the main part of the book, the catalog of exercises.

.com Whether you've been injured or want to avoid injury, the American Physical Therapy Association Book of Body Repair and Maintenance can help you. Part 1 is the first place to go if you've been hurt. It presents nine common injury sites--back, neck, jaw, shoulder, elbow, wrist and hand, hip, knee, and ankle and foot--describing the anatomy and function of that area of the body, what can go wrong, and what to do if you experience pain or injury there. Part 2 explains how to avoid injury through proper posture, gait, body mechanics (how we use our bodies in daily activities), body weight, and footwear. You also get a program of beginning strength training and stretching, plus tips for avoiding injuries in sports, exercise activities, and in the workplace. Part 3 presents 200 clearly illustrated exercises for strength (beginning level) and flexibility that can be done at home. Some require dumbbells or ankle weights; most need no equipment. Many are done seated or lying down, so even if you haven't fully recovered, you can start to rehabilitate those areas that are ready. The illustrations are line drawings, large enough so that you can learn the exercises easily with the book open on the floor. This book is practical and helpful--don't wait until you get hurt to read it. --Joan Price From Booklist An excellent fitness guide from the American Physical Therapy Association presents solid information on anatomy, physiology, injury, and exercise. Arranged by body part (back, neck, jaw, knee, hip, etc.), its first section discusses function, explains "what can go wrong," and offers simple tips for correcting and alleviating common problems, such as joint stiffness, muscle pulls, job-related strains and pains, and other common ailments. Sidebars direct readers to appropriate stretching exercises. The final section includes illustrated two- and three-step instructions for simple stretching, strength, and flexibility exercises. Chapters detailing correct posture, proper walking gait, optimum body weight, athletic shoes, and body mechanics also appear in this top-notch, well-written manual aimed at those older than 30. Sue-Ellen Beauregard From Kirkus s From the profession that sets the standards for injury prevention and rehabilitation, a well-laid-out, thorough guide to avoiding musculoskeletal injury and diagnosing and treating it when it does occur. Physical therapist Moffat (president emeritus of the APTA) and co-author Vickery's emphasis is on the casual athlete over 30 years of age: "as midlife approaches, the aging process and increasing inactivity can transform many every day activities into minefields of potential aches, pains and injuries" (and serious athletes work at a higher level intensity than is addressed here). Looking at the bones, joints, muscles, tendons, ligaments, and related structures, the authors first cover nine body areas most often affected: back, neck, jaw, shoulder, elbow, wrist/hand, hip, knee, and ankle/foot. For each, there is instruction on preventing injury, diagnosis of problems (from mild soreness through strain, sprain, and worse), what self-help measures to take, and when to go for professional help. In part two, the authors cover muscle, tendon, and ligament fitness and injury prevention in general, especially the importance of incorporating the three elements of fitness--strength, flexibility and endurance--into any exercise endeavor. Finally, part three offers a comprehensive menu of specific exercises from which readers can design a regimen that meets their needs. The language is easily understandable, and readers are put straight on many commonly misused terms (for instance, whiplash). The same ground as Feldman, then (see p. TKTK), with more extensive background information and a more serious tone. (500 line drawings) -- Copyright copy; 1999, Kirkus Associates, LP. All rights reserved.