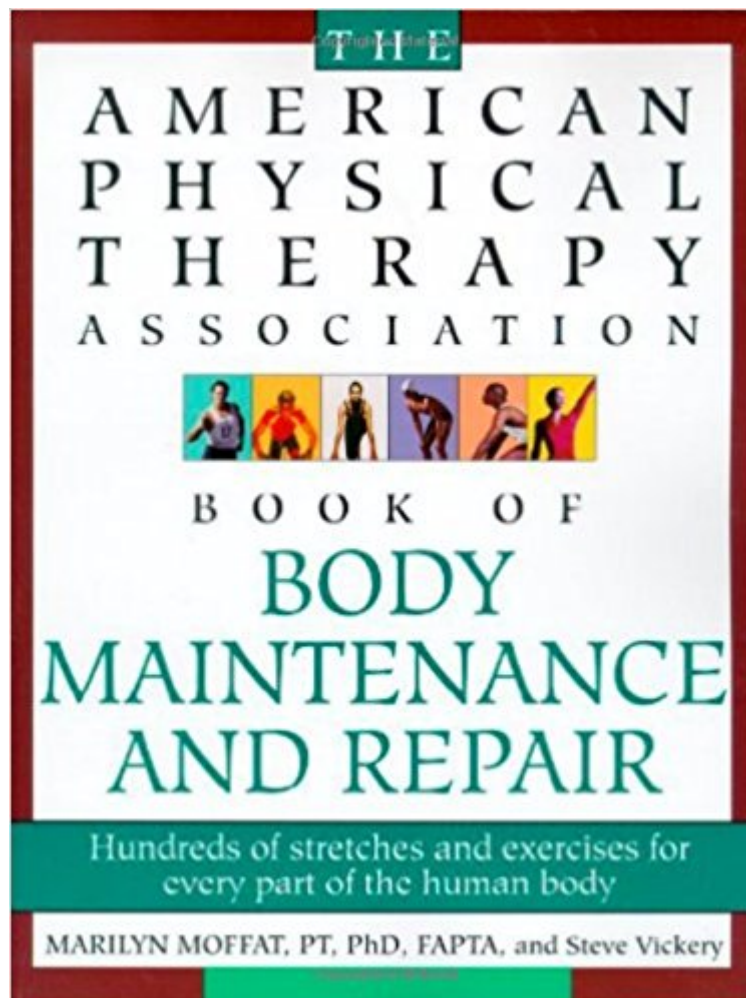




The book was found

The American Physical Therapy Association Book Of Body Maintenance And Repair



Synopsis

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.

Book Information

Paperback: 288 pages

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Customer Reviews

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

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

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.

Great book!! Empowers the person to do some of their own assessments and treatments;

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.

every exercise that are in therapy are in there. the only bad thing is once you start you can't stop. that is if you don't want to be in old age pain.sent one to my daughter and one to my sister.

Very useful to me in my work,

I am using these simple, effective exercises daily and am feeling really good. The text is clear, simple and easy to understand and the illustrations are excellent.

I bought this for my wife to help her with therapy. She is handicapped and insurance will only go so far for physical therapy. It helps her to stretch and work the muscles in the most beneficial way to get stronger on her own. Very good book.

Quick shipping, love it!

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