



Functional Movement: Practical Therapeutic Exercise For Peripheral Joint Range Of Motion

K Wittman

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Written for physical and occupational therapy students and professionals, Functional Movement: Practical Therapeutic Exercise for Peripheral Joint Range of Motion, offers a straightforward, common sense approach to therapeutic exercise prescription. KEY FEATURES include: Clear, easy-to-read format that organizes the exercises by their target joints and motions * Detailed, multi-step illustrations that offer a complete visual representation of individual exercises from start to finish * In-depth discussion of therapeutic exercises that present clinical rationales for use, along with correlation to functional activities * Step-by-step patient instructions * Unique, descriptive exercise names that promote ease of recall * Potential compensatory movement patterns that may be observed during exercise performance; examples of corrective techniques; as well as suggestions for exercise modifications * Practical tips and problem solving approaches for increasing home program compliance; optimizing functional benefits; and managing exercise-related pain.

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