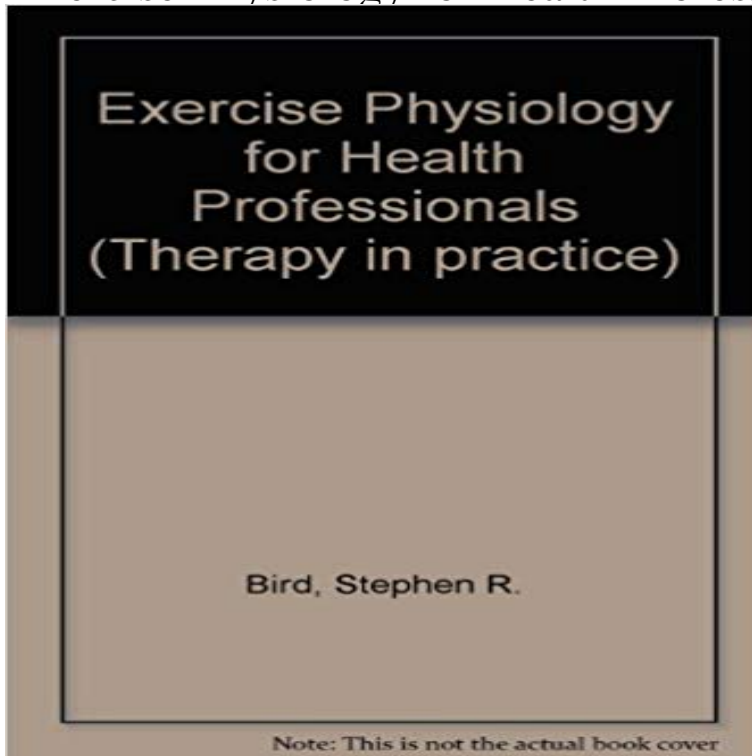


Exercise Physiology for Health Professionals (Therapy in Practice)



Exercise physiology for health professionals provides a practical guide for the use of exercise in various forms of therapy. Supported by a theoretical background of the physiology of the exercises, it aims to allow the health professional to make informed decisions about the inclusion of an exercise programme in a patient's treatment. The text comprises sections describing exercises which may be used to develop muscular strength or muscular endurance, joint mobility and cardio-vascular fitness and includes a large selection of illustrated exercises. Whilst emphasizing the physiological aspects of the exercises the chapters also consider the psychological and sociological benefits of exercise participation. The wider implications and exercise and its incorporation into a healthy lifestyle along with its implications for various hypokinetic diseases are also considered. This book is aimed at those therapists relating exercise to their working environment and the disorders, injuries and disabilities they encounter.

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