

The Ultimate Stretching Manual

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Grandmaster Ted Gambordella

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Oxford Textbook of Musculoskeletal Medicine Michael Hutson, Adam Ward, 2015-11-26

Musculoskeletal medicine is now recognised as a distinct branch of medicine incorporating the sub-specialties of manual medicine, orthopaedic medicine and the neuromusculoskeletal component of osteopathic medicine. The editors of this volume have been active in promoting the discipline worldwide and this new edition is the ideal reference for doctors and therapists wishing to expand and improve their skill base or to further their careers and academic accomplishments to the benefit of the patient. With contributions from international experts, Oxford Textbook of Musculoskeletal Medicine 2e is an authoritative account of the basis of musculoskeletal medicine in contemporary medical society. It provides the reader with advanced knowledge of the conceptual basis, diagnostic challenge and pragmatic management of the neuromusculoskeletal system. Now with almost 500 illustrations, this is a practical, easy-to-read text with a clinical focus. New chapters cover the latest evidence on efficacy and effectiveness of management strategies, the provision of services and the latest developments in musculoskeletal ultrasound, making this new edition a comprehensive reference on musculoskeletal medicine. This print edition of The Oxford Textbook of Musculoskeletal Medicine comes with a year's access to the online version on Oxford Medicine Online. By activating your unique access code, you can read and annotate the full text online, follow links from the references to primary research materials and view, enlarge and download all the figures and tables.

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Seismic Safety Manual Donald G. Eagling, 1996 **The BioMechanics Method for Corrective Exercise** Justin Price, 2025-06-02 This book is written for fitness professionals for the purpose of teaching you how to address common musculoskeletal imbalances through the use of corrective exercise The book explains concepts in an easy to follow manner using jargon free language The content is delivered as a step by step process containing real world examples and case studies so that the reader can understand and easily implement these strategies when working with actual clients

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