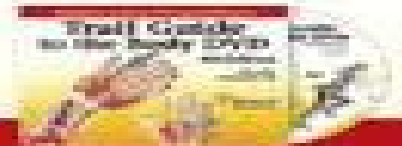


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North Carolina Day Hiking for Every Body Whitney Harris Wallace,2025-11-17 Blending practical advice personal stories and historical context this book highlights North Carolina trails suitable for diverse bodies experience levels and abilities encouraging those who may not see themselves as typical hikers to find their home on the trail Alongside detailed tips on safety preparation and environmental stewardship the book also emphasizes the benefits of spending time outdoors From serene coastal paths to shaded mountain trails hikers are invited to slow down savor the moment and find calm and connection in the Tar Heel State s natural spaces Whether you are a longtime hiker or are just starting out this guide encourages everyone to step outside and experience North Carolina s outdoor delights in a whole new way *Principles of Therapeutic Exercise for the Physical Therapist Assistant* Jacqueline Kopack,Karen Cascardi,2024-06-01 Principles of Therapeutic Exercise for the Physical Therapist Assistant is a textbook that provides PTA educators students and practicing clinicians with a guide to the application of therapeutic exercise across the continuum of care Written by 2 seasoned clinicians with more than 40 years of combined PTA education experience Principles of Therapeutic Exercise for the Physical Therapist Assistant focuses on developing the learner s ability to create effective therapeutic exercise programs as well as to safely and appropriately monitor and progress the patient within the physical therapy plan of care The content is written in a style conducive to a new learner developing comprehension while still providing adequate depth as well as access to newer research Included in Principles of Therapeutic Exercise for the Physical Therapist Assistant are Indications contraindications and red flags associated with various exercise interventions Documentation tips Easy to follow tables to aid in understanding

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Athletic Training Case Scenarios Keith Gorse,Francis Feld,Robert Blanc,2024-06-01 Every case that athletic trainers respond to is unique but by exposing themselves to a variety of scenarios they can be prepared for almost any situation Case studies are the easiest way to find this information but oftentimes they come in the form of informal anecdotes or only relate to very specific subjects Athletic Training Case Scenarios Domain Based Situations and Solutions is designed to fill this gap by providing a large number of studies from all five of the domains of athletic training Keith M Gorse Francis Feld and Robert O Blanc have gathered true to life scenarios for each of the five domains of athletic training resulting in expert advice on the best response to many possible scenarios These scenarios were shared by the certified athletic trainers who originally responded to them coming from their work in industrial settings high schools colleges professional teams and sports medicine clinics Each scenario features the actual case as it was first assessed by the athletic trainer in order to give readers an opportunity to use their own judgment and decide the best course of action before the original athletic trainer s own response and recommendations are given Organized by domain readers will be able to easily find examples of any case they could imagine Each domain prevention evaluation and diagnosis emergency care treatment and rehabilitation and organizational and professional health has over a dozen scenarios designed to encourage critical thinking This format gives readers the closest thing to a crash course by exposing them to a diverse array of cases and situations Athletic training students and clinicians will appreciate the wide range of cases presented in Athletic Training Case Scenarios Domain Based Situations and Solutions providing them with the strong knowledge base they will need to respond to any situation they may experience themselves

Anatomy Trains E-Book Thomas W. Myers,2020-03-19 Get a multi dimensional understanding of musculoskeletal anatomy with Anatomy Trains Myofascial Meridians for Manual Therapists Movement Professionals 4th Edition This hugely successful one of a kind title continues to center on the application of anatomy trains across a variety of clinical assessment and treatment approaches demonstrating how painful problems in one area of the body can be linked to a silent area away from the problem and ultimately giving rise to new treatment strategies This edition has been fully updated with the latest evidence based research and includes new coverage of anatomy trains in motion using Pilates evolved movement anatomy trains in horses and dogs and the updated fascial compendium on elements properties neurology and origins of the fascial system It also offers a new larger library of videos including animations and webinars with the author In all this unique exploration of the

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Study Guide for the Board of Certification, Inc., Athletic Trainer Certification Examination Susan Rozzi,Michelle Futrell,2019-10-24 A complete roadmap to success on the Board of Certification Athletic Trainer Certification Examination This popular study guide delivers everything students need to sit for the exam with confidence

Your Spine, Your Yoga Bernie Clark,2018-10-01 Your Spine Your Yoga is arguably the first book that looks at the spine from both the Western anatomical biomechanical point of view and the modern yoga perspective It is filled with detail discussion illustrations and practical advice for spines of all types This emphasis on variety is welcome and necessary no two spines are exactly alike and no two people have the same biology and biography What your spine is able to do may be vastly different from what other yoga students or teachers spines can do The human spine is unique in its structure and function Primarily it provides stability through the core of our body allowing forces to be transmitted from the upper body arms and shoulders to the lower body pelvis and legs and vice versa Secondly the spine allows tremendous range of movement Unfortunately in modern yoga practice we find the primacy of these two functions reversed with flexibility prized over stability This focus on spinal mobility comes at a grave cost to many students Stability is lost and when that happens dysfunction and pain often follow Just as all tissues and areas of the body need a healthy amount of stress to regain and maintain optimal health so too

our spine needs the appropriate levels of stress to remain functional throughout our lives. How we choose to exercise the spine makes a difference though. Knowing the way the spine is built specifically how your spine is built will allow you to tailor your exercises wisely to match your goals. *Your Spine Your Yoga* is the second book in the *Your Body Your Yoga* series and focuses on the axial body the core from the sacral complex which includes the pelvis sacrum and sacroiliac joint through the lumbar and thoracic segments of the spine to the cervical complex which includes the neck and head. The structural components of each segment are examined from the bones to the joints ligaments fascia tendons muscles and even the neurological and blood systems. The range and implications of human variations are presented as well as the ways these variations may affect individual yoga practices. The sources of restrictions to movement are investigated through answering the question *What Stops Me*. The answers presented run through a spectrum beginning with various types of tensile resistance to three kinds of compressive resistance. Whether the reader is a novice to yoga anatomy or both or a seasoned practitioner with an in depth knowledge in these fields this book will be valuable. For the novice there are easily understood illustrations and photographs as well as sidebars highlighting the most important topics. For the anatomy geek other sidebars focus on the complexity of the topic with hundreds of references provided for further investigation. For the yoga teacher sidebars suggest how to bring this knowledge into the classroom. *Your Spine Your Yoga* can be used as a resource when specific questions arise as a textbook to be studied in detail or as a fascinating coffee table book to be browsed at leisure for topics of current interest.

Dance and Somatics Julie A. Brodie, Elin E. Lobel, 2014-01-10 Training in somatic techniques holistic body centered movement that promotes awareness and well being provides an effective means of improving dance students efficiency and ease of movement. However dance educators do not always have the resources to incorporate this knowledge into their classes. This volume explains the importance of somatics introduces fundamental somatic principles that are central to the dance technique class and offers tips on incorporating these principles into a dance curriculum. The authors demystify somatic thinking by explaining the processes in terms of current scientific research. By presenting both a philosophical approach to teaching as well as practical instruction tools this work provides a valuable guide to somatics for dance teachers of any style or level. Instructors considering this book for use in a course may request an examination copy [here](#).

Anatomy Trains Thomas W. Myers, 2023-01-03 Cette nouvelle édition en langue française du best seller mondial *Anatomy Trains* va transformer et clarifier votre perception des réseaux myofasciaux. *Anatomy Trains* largit l'approche de l'anatomie traditionnelle du concept structurel musculosquelettique pour construire un nouveau monde reposant sur le fascia. Cet ouvrage met l'accent sur le principe d'intégrité et de continuité corporelle fonctionnelle exercée au sein du réseau myofascial. L'auteur compare le corps humain des lignes de chemin de fer pour expliquer ce phénomène qui contribue à la compensation posturale et la stabilité du mouvement. À partir de la cartographie des méridiens du corps humain il décrit les indices visuels permettant de reconnaître les formes de compensation et de repérer les incohérences ou dysfonctionnements des fascias les

techniques permettant de restaurer leur mobilité naturelle et ainsi d'agir sur les os les muscles les tendons les ligaments les nerfs les viscères Cette nouvelle édition intègre le résultat des recherches scientifiques récentes et s'enrichit aussi de nouveaux contenus Un nouveau chapitre sur l'application des anatomies trains dans le mouvement Une nouvelle annexe présentant les anatomies trains chez les quadrupèdes chevaux et chiens Le compendium fascial est actualisé les liens propres à la neurologie et les origines du système fascial Cet ouvrage richement illustré par plus de 570 figures illustrations photographies clichés de dissection offre des compléments en ligne en langue anglaise de vidéos d'animations et de webinars avec l'auteur Anatomy Trains est destiné tous les professionnels concernés par la structure et le mouvement ostéopates kinésithérapeutes chiropraticiens thérapeutes manuels mais aussi les acupuncteurs et les praticiens de Médecine traditionnelle chinoise

Dance Wellness Wilmerding, Mary Virginia, Krasnow, Donna, International Association for Dance Medicine & Science, 2016-10-12 Dance Wellness created by the International Association for Dance Medicine Science offers guidance on the foundations mental components and physical aspects of dancer wellness Readers will learn concepts and strategies to develop as dancers and to create their own dancer wellness plan *Medical Massage Care's NCETM Sample Exam* Philip Martin McCaulay, 2009-11-23 Medical Massage Care's NCETM Sample Exam is a 160 question practice exam in the same format as the National Certification Examination for Therapeutic Massage NCETM administered by National Certification Board for Therapeutic Massage and Bodywork NCBTMB The questions have the same percentage weights as the NCETM This sample exam tests the type of material that is likely to appear on an exam The sample exam is followed by the answer key and after that the sample exam is repeated with the answers shown Topics include body systems anatomy kinesiology pathology assessment application ethics and business The author passed both the MBLEX and the NCETM and has sold thousands of study guides and practice exam books for the massage exams *Medical Massage Care's MBLEX Sample Exam* Philip Martin McCaulay, 2010 Medical Massage Care's MBLEX Sample Exam is a 125 question practice exam This sample exam tests the type of material that is likely to appear on an exam The sample exam is followed by the answer key and after that the sample exam is repeated with the answers shown Topics include anatomy kinesiology pathology effects of techniques assessment and treatment history ethics and guidelines

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