



DOWNLOAD



## Sport Therapy for the Shoulder With Online Video: Evaluation, Rehabilitation, and Return to Sport (Hardback)

By Todd S. Ellenbecker, Kevin E. Wilk

Human Kinetics Publishers, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. In Sport Therapy for the Shoulder: Evaluation, Rehabilitation, and Return to Sport, readers will learn about best practices and evidence-based guidelines for assessing and treating patients shoulder injuries for re-entry into sport. Written by renowned physical therapists Todd S. Ellenbecker and Kevin E. Wilk, this text is a key resource for physical therapists, athletic trainers, sport chiropractors, massage therapists, strength and conditioning professionals, personal trainers, and other clinicians in sports medicine who work with patients recovering from shoulder injuries. Sport Therapy for the Shoulder guides readers systematically through functional anatomy and biomechanics of the shoulder, examination techniques and pathology, rehabilitation, and return-to-play progressions. The text provides evidence-based principles to assist clinicians in improving joint stabilization, strength, muscular endurance, and range of motion in the shoulder. Return-to-sport programs feature step-by-step progressions for sports including baseball, softball, golf, swimming, and tennis. Illustrated versions of the Thrower s Ten and Advanced Thrower s Ten exercise programs, which were developed by coauthor Kevin E. Wilk and colleagues, are provided in the appendix. The content is enhanced by more than 200 color photos and detailed illustrations that provide visual support...



READ ONLINE  
[ 9.66 MB ]

### Reviews

*Thorough information! Its such a excellent read. It is really simplistic but unexpected situations within the fifty percent of your pdf. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Johnathon Moore**

*This is actually the greatest pdf i actually have read until now. it absolutely was writtern really properly and beneficial. Your life period will be change when you complete looking over this pdf.*

-- **Lurline Little**