



# Clinical Decisions in Therapeutic Exercise: Planning and Implementation

*John Nyland*

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## **Clinical Decisions in Therapeutic Exercise: Planning and Implementation** John Nyland

*Clinical Decisions in Therapeutic Exercise Program Planning* provides a contemporary, evidence-based overview of the topics that influence decisions regarding therapeutic exercise program development by integrating neuromuscular, cardiopulmonary and musculoskeletal considerations. This resource encourages the reader to consider relevant evidence along with a comprehensive, holistic understanding of the individual when making clinical decisions regarding a plan of care and the most appropriate exercise intervention(s). Case Studies present not just the injury, but also the lifestyle, attitudes, social and medical history and personality of the client to aid in effective program planning. Features include: Two free student CD-ROMs; Decision-making algorithms following each case study that illustrate the individual case management process; Clear, concise illustrations; Consistency with the APTA's Guide to Physical Therapy Practice and APTA Client/Patient Management Model; Information on alternative exercise therapies; and Extensive references. Physical Therapy students and professionals.

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