Table of Contents

Unit I: Foundations of Therapeutic Exercise

- Chapter 1: Introduction to Therapeutic Exercise and the Model of Functioning and Ability
- Chapter 2: Patient Management
- Chapter 3: Principles of Self-Management and Exercise Instruction
- Chapter 4: Prevention and the Promotion of Health, Wellness, and Fitness

Unit II: Physiologic Impairments and Therapeutic Exercise

- Chapter 5: Impaired Muscle Performance
- Chapter 6: Impaired Aerobic Capacity/Endurance
- Chapter 7: Impaired Range of Motion and Joint Mobility
- Chapter 8: Impaired Balance
- Chapter 9: Impaired Posture
- Chapter 10: Pain includes content from former chapter on Fibromyalgia Syndrome and Chronic Fatigue Syndrome

Unit III: Special Physiologic Considerations in Therapeutic Exercise

- Chapter 11: Soft Tissue Injury in Postoperative Treatment
- Chapter 12: Therapeutic Exercise for Arthritis
- Chapter 13: Therapeutic Exercise in Obstetrics

Unit IV: Sample Specialties of Therapeutic Exercise Intervention

- Chapter 14: Closed Kinetic Training
- Chapter 15: Proprioceptive Neuromuscular Facilitation
- Chapter 16: Aquatic Physical Therapy

Unit V: Functional Approach to Therapeutic Exercise of the Lower Extremities

- Chapter 17: The Lumbopelvic Region
- Chapter 18: The Pelvic Floor
- Chapter 19: The Hip
- Chapter 20: The Knee
- Chapter 21: The Ankle/Foot

Unit VI: Functional Approach to Therapeutic Exercise for the Upper Extremities

- Chapter 22: The Temporomandibular Joint
- Chapter 23: The Cervical Spine
- Chapter 24: The Thoracic Spine
- Chapter 25: The Shoulder Girdle
- Chapter 26: The Elbow, Forearm, Wrist, and Hand

Unit VII: Case Studies