



Physical Rehabilitation of the Injured Athlete, 2e

By James R. Andrews MD, Gary L. Harrelson EdD ATC, Kevin E. Wilk PT DPT

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This edition provides ready access to practical information about the physical rehabilitation of injured athletes. Takes an in-depth look at the decisions and applications relative to rehabilitation programs. The 2nd Edition features new chapters on the rehabilitation of the lower back, the hand and wrist, and on isokinetic testing. Also includes more criterion-based rehabilitation protocols, enhanced coverage of aquatic rehabilitation, and an expanded appendix on knee exercises.

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