Contents

Prei	tace	V
Hov	v to Use this Book?	X
1.	Basics of Exercise Therapy	1
2.	Movement	9
3.	Measurement of Joint Range of Motion (ROM)	18
4.	Manual Muscle Testing (MMT)	29
5.	Apparatus	43
6.	Mobility Aids	61
7.	Fundamental and Derived Positions	70
8.	Gait	98
9.	Suspension Therapy	103
10.	Relaxation	106
11.	Neuromuscular Coordination	113
12.	Miscellaneous Topics	122
13.	Get Ready for Exam, Tips for Student	129