

NEW

CONCEPT
APPROACH
ERA OF LEARNING

Series



Posture

Healing

Your Movement

Strength

Intervention

Optimization

Therapy



CBS Publishers & Distributors Pvt. Ltd.

Established in 1972, CBS Publishers and Distributors is one of the leading companies in publishing and distribution of Health Sciences, Life Sciences, Social Sciences, and STM books. The company has been dedicated to providing cutting-edge publishing solutions in higher education for **the last 51 years**.

Starting with a single book, today CBS has more than 5000 original titles (print + ebooks) with 700+ reprints. A publisher of great repute, CBS has now entered **into 51st year** as an educational publisher and is **celebrating its glorious presence in publishing**.

This illustrious journey began with the books on Medical Sciences establishing a strong TRUST at the undergraduate level by bringing out one of its Flagship titles- BD Chaurasia's Human Anatomy and continued with other star titles like OP Ghai Pediatrics, Manipal Manual of Surgery, Meharban Singh's Pediatrics and many more. Today, we are one of the fastest-growing publishers with the sole aim of producing quality products where knowledge meets innovation. The quality and innovation in the field of educational publishing have brought laurels to CBS in the form of **Golden Award by the Federation of Publishers and Booksellers Association of India**.

A well-established company with a network of 10 stockholding branches spread in almost all the metropolitan cities and it is backed by a team of more than 650 professionals from all domains. It has more than 7 offices and a network of 500+ dealers PAN India. Besides this, we are a family of more than 3000+ Satisfied and Happy Authors, who have played a pivotal role in making CBS a renowned educational publisher.

CBS has also played an active role as an influential Publisher, Distributor, and knowledge provider to many International Publishers through a digital platform in South Asia, US, UK and many other countries.

About PhysioBrid Series

Being publishers of repute in Medical, Nursing, and other Allied Health Sciences publishing, CBS is now diversifying into the physiotherapy segment with new Concept, new Approach, and a new Era of Learning by bringing out PhysioBrid Series, PhysioBrid Hybrid Books, a unique amalgamation of Physical Books with digital content. We sincerely believe health professionals need quality education, and keeping this fact in mind, we are bringing out Physiotherapy-centric books for the Physiotherapy segment.

6

Powerful Features of PhysioBrid Series

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Authored by **Top-Notch Faculties** and **Subject Experts**

Quality Checked and Reviewed by Subject Experts PAN India

100+ Clinical Videos for physiotherapy Students

As per Physiotherapy Curriculum of **National Commission for Allied & Healthcare Professions (NCAHP)**

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CBS Publishers & Distributors Pvt. Ltd.

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Study with **Physio**therapy Hybrid

CBS PHYSIOBRID BOOK

5 Hybrid Features

Listen, Learn & Practice

Golden Points

Get Chapter-wise One Liners in PODCAST form (audio) for quick revision of chapters

Every Step Counts

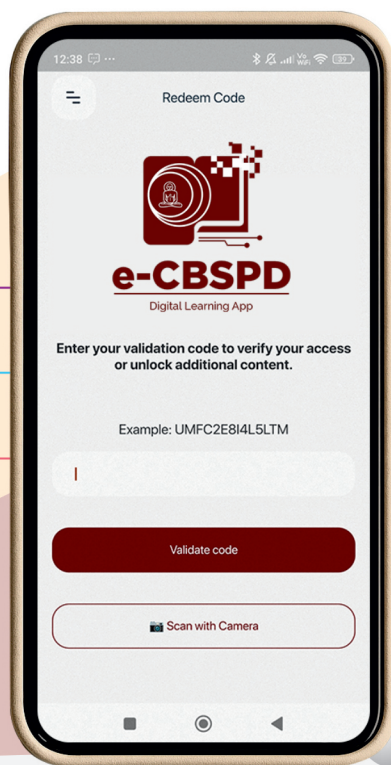
Solved Exercises

Solutions to Chapter-wise Long-Answer, Short-Answer and Multiple Choice Questions to evaluate and assess complete chapter knowledge

Dil Mange More Content

See & Perceive

Watch and Learn from Important topic-wise Videos by Subject Expert



Search and Read Digitally

Search on the Go

Mapping of the most important topics from the Book at one place with one click search

Revise on the Go

High Yield Topics

Topic-wise selective Images and Tables with their descriptions for Last Minute Revision and Quick Reference, based on the Topics of University Examinations

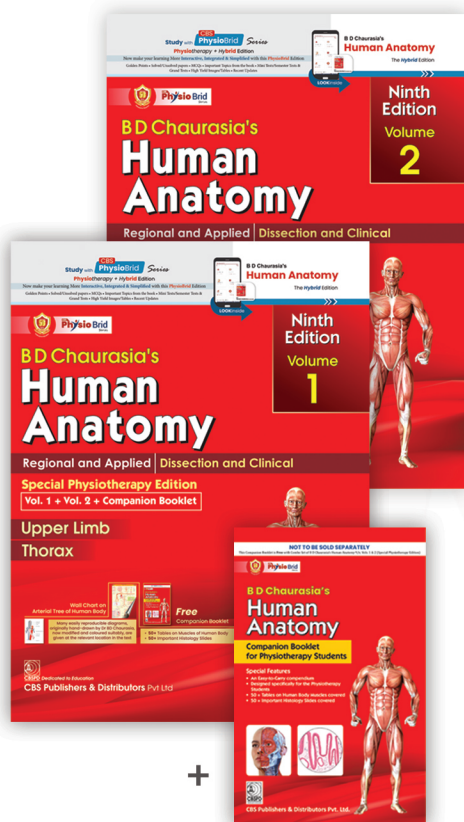
First Year

“Every step we take towards studying physiotherapy, we get closer to understanding the intricacies of the human body and the art of facilitating its recovery.”

BD Chaurasia's Human Anatomy Regional and Applied | Dissection & Clinical

Chief Editor: Krishna Garg **Editor:** PS Mittal & Mrudula Chandrupatla

Special Physiotherapy Edition



Vol. 1 : Upper Limb | Thorax
Vol. 2: Lower Limb | Abdomen & Pelvis
SET ISBN: 9789394525283
Edition: 9th, 2023
Pages: 942 + 108 (Companion Booklet)

SET MRP: 1725/-



Vol. 3 : Head & Neck
Vol. 4 : Brain-Neuroanatomy
SET ISBN: 9789354664779
Edition: 9th, 2023
Pages: 628

SET MRP: 1150/-

Special Features



Color codes are used consistently in the drawings of various cells, tissues and organs



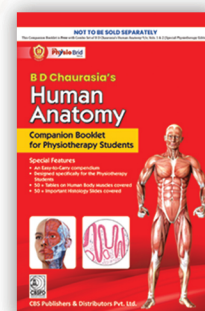
Impressive line diagrams, originally hand-drawn by Dr BD Chaurasia to make drawing of illustrations easier

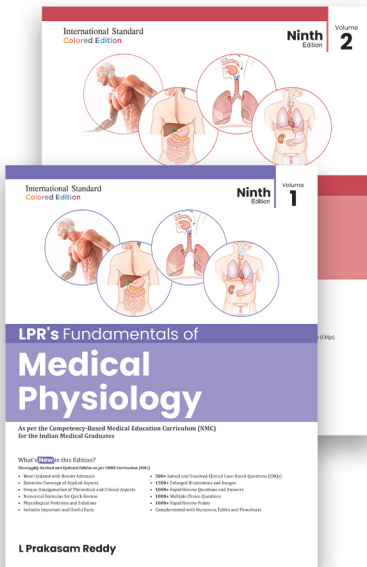


Clinical orientation has been enthused by structuring many FAQs and MCQs in clinical mode'. **Early Clinical Exposure** (ECE) has been provided in the form of signs, symptoms, investigations and treatment of a particular case.

About the Free Companion Booklet

- Complimentary Companion Booklet** is available with a combination of Volumes 1 & 2 which summarizes origin, insertion, nerve supply and action of all the muscles of the human body making it crucial for Physiotherapy students.
- It also includes Histology slides commonly asked as spotters in practical examinations. Histology slides for various tissues as part of the syllabus are also included.





LPR's Fundamentals of **Medical Physiology (2 Vols Set)**

Author: **L Prakasam Reddy**



SET ISBN
9789394525344



Edition
9th, 2025



Pages
1404
(Vol I & II)



SET MRP
1995/-

Special Features

- **1500+ colorful hand-drawn figures and images** relevant to the topics are added
- **Clinical correlation** of a topic connects to clinical situation, and its physiological bases are added.
- **Recent concepts** are simplified, added and are made student friendly for quick learning.
- **Applied physiology topics** and clinical case scenarios are added as per the requirement of the latest curriculum.
- Complex and difficult topics have been supplemented with **numerous tables and flowcharts** for easy and quick understanding.
- **Self-assessment review exercises** with a variety of questions, like Short Notes, Clinical Questions, Multiple Choice Questions have been added for assessing the preparation after completing the respective section.
- **Thought-provoking questions** along with flowing matter help the student for instant recollection of the relevant points as Recall Box.

Practice workbook of **ANATOMY** for Physiotherapy Students

Author: **Bindesh D Patel**



ISBN
9789348426796



Edition
1st, 2026



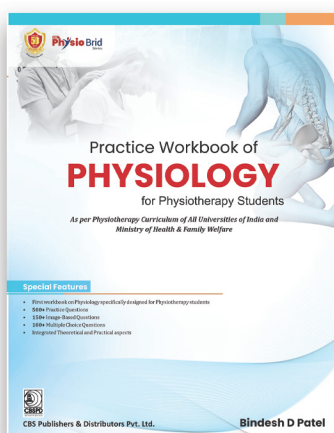
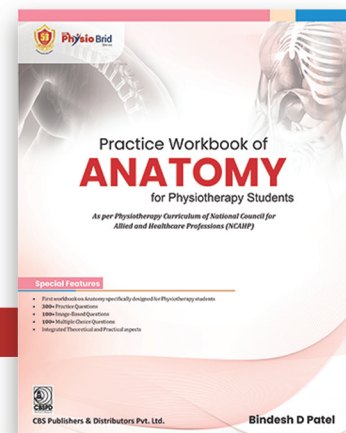
Pages
296



Price
395/-

Special Features

- **First workbook on Anatomy** specifically designed for Physiotherapy students
- **300+** Practice Questions
- **100+** Image-Based Questions
- **100+** Multiple Choice Questions
- Integrated Theoretical and Practical aspects



Practice workbook of **PHYSIOLOGY** for Physiotherapy Students

Author: **Bindesh D Patel**



ISBN
9789394525627



Edition
1st, 2025



Pages
284



Price
395/-

Special Features

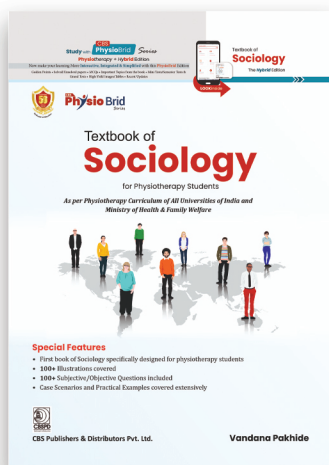
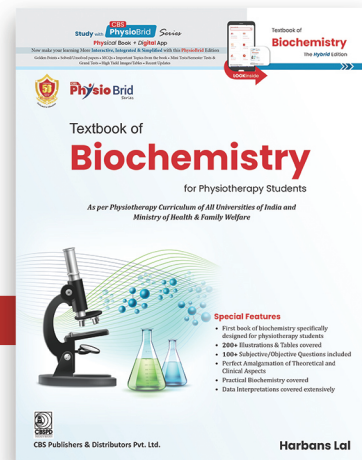
- **First workbook on Physiology** specifically designed for Physiotherapy students
- **500+** Practice Questions
- **150+** Image-Based Questions
- **100+** Multiple Choice Questions
- Integrated Theoretical and Practical aspects

Textbook of
Biochemistry
for Physiotherapy Students
Author: **Harbans Lal**




 ISBN 9789390619795	 Edition 1st, 2023	 Pages 488	 Price 695/-
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Special Features

- **First book** of biochemistry specifically designed for physiotherapy students.
- **200+** Illustrations & Tables covered.
- **100+** Subjective/Objective Questions included.
- Perfect Amalgamation of Theoretical and Clinical Aspects through **Concept to Clinic** boxes.
- **Practical Biochemistry** covered.
- **Physio Corner** highlights the relevance of Biochemistry for Physiotherapy students.



Textbook of
Sociology
for Physiotherapy Students
Author: **Vandana Pakhde**

 ISBN 9789394525245	 Edition 1st, 2024	 Pages 392	 Price 595/-
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Special Features

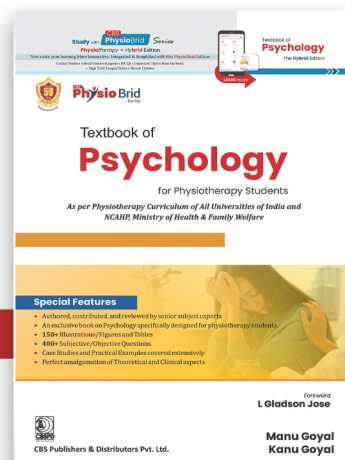
- **First ever book on Sociology** specifically designed for Physiotherapy students.
- Authored and reviewed by the **senior subject experts**.
- **50+** Figures, Tables and Flowcharts included.
- **20+** Case Studies and Practical Examples covered extensively.

Textbook of
Psychology
for Physiotherapy Students
Authors: **Manu Goyal | Kanu Goyal**

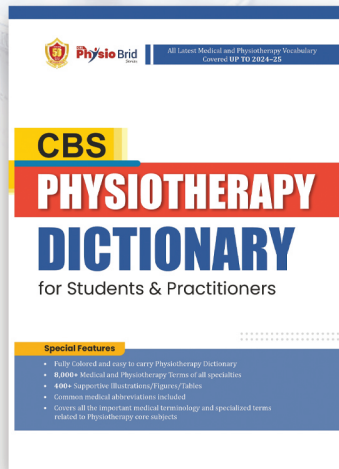
 ISBN 9789348426000	 Edition 1st, 2025	 Pages 560	 Price 495/-
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Special Features

- Authored, contributed, and reviewed by **senior subject experts**
- An **exclusive book on Psychology** specifically designed for physiotherapy students
- **150+** Illustrations/Figures and Tables
- **400+** Subjective/Objective Questions
- **Case Studies** and **Practical Examples** covered extensively
- Perfect amalgamation of **Theoretical and Clinical aspects**



All Latest **Medical** and **Physiotherapy** Vocabulary Covered up to 2024-25



CBS Physiotherapy Dictionary

for Students and Practitioners by CBS

Author: CBS



ISBN
9789394525924



Edition
1st, 2025



Pages
494



Price
395/-

Special Features

- **Fully Colored and easy to carry** Physiotherapy Dictionary
- **8,000+** Medical and Physiotherapy Terms of all specialties
- **400+** Supportive Illustrations/Figures/Tables
- Common **medical abbreviations** included
- Covers all the **important medical terminology** and specialized terms related to Physiotherapy core subjects

1st Year

English Communication & Soft Skills

for Physiotherapy Students

Author: Liza Sharma



ISBN
9789390619825



Edition
1st, 2023



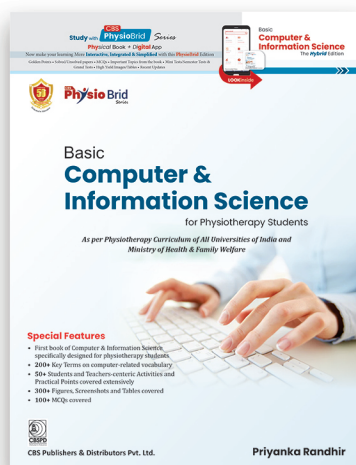
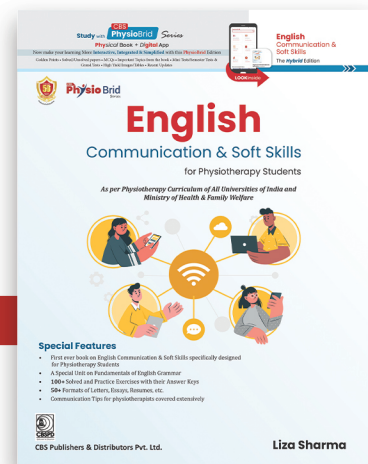
Pages
320



Price
595/-

Special Features

- **First ever book on English Communication & Soft Skills** specifically designed for Physiotherapy Students.
- A Special Unit on **Fundamentals of English Grammar**.
- **100+** Solved and Practice Exercises with their Answer Keys.
- **50+** Formats of Letters, Essays, Resumes, etc.
- **Communication Tips** for physiotherapists covered extensively.



Basic

Computer & Information Science

for Physiotherapy Students

Author: Priyanka Randhir



ISBN
9789390619221



Edition
1st, 2023



Pages
272



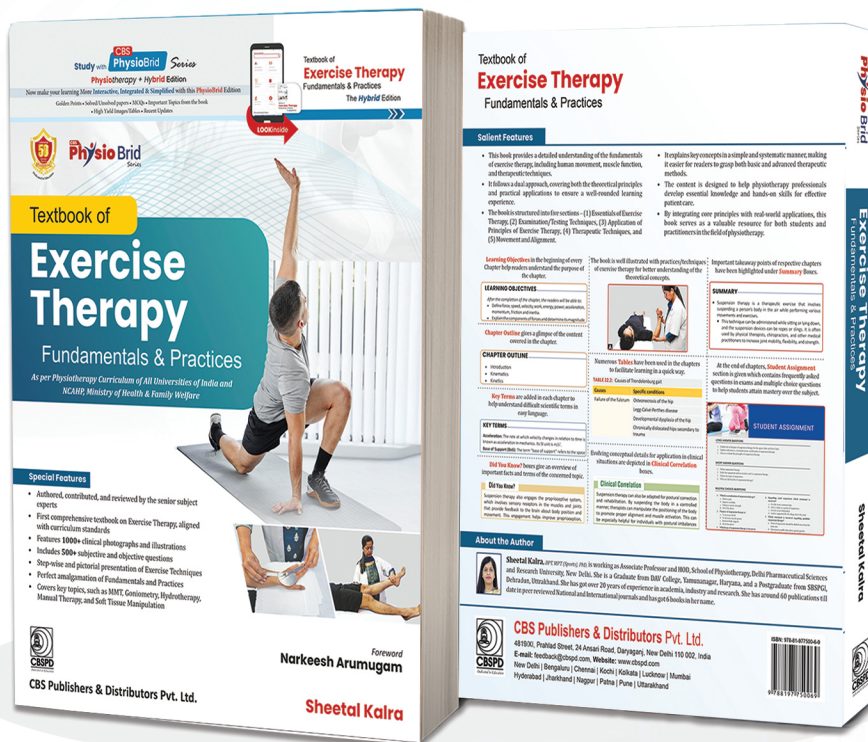
Price
495/-

Special Features

- **First book of Computer & Information Science** specifically designed for physiotherapy students.
- **200+** Key Terms on computer-related vocabulary.
- **50+** Students and Teachers-centric Activities and Practical Points covered extensively.
- **300+** Figures, Screenshots and Tables covered.
- **100+** MCQs covered.

Second Year

“As we delve deeper into our studies, we uncover the interconnectedness of anatomy, physiology, and rehabilitation, realizing the immense potential we have to transform lives through physiotherapy.”



Author
Sheetal Kalra



ISBN
9788197750069



Edition
1st, 2025



Pages
672



Price
1095/-

Special Features



Authored, contributed, and reviewed by the **senior subject experts**



First comprehensive textbook on Exercise Therapy, aligned with curriculum standards



Features **1000+** clinical photographs and illustrations



Includes **500+** subjective and objective questions



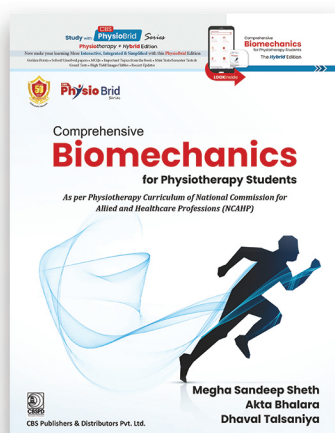
Step-wise and **pictorial presentation** of Exercise Techniques



Perfect amalgamation of **Fundamentals and Practices**



Covers **key topics**, such as MMT, Goniometry, Hydrotherapy, Manual Therapy, and Soft Tissue Manipulation



Comprehensive **Biomechanics** for Physiotherapy Students

As per Physiotherapy Curriculum of National Commission for Allied and Healthcare Professions (NCAHP)

Authors: **Megha Sandeep Sheth | Akta Bhalara | Dhaval Talsaniya**

Forthcoming



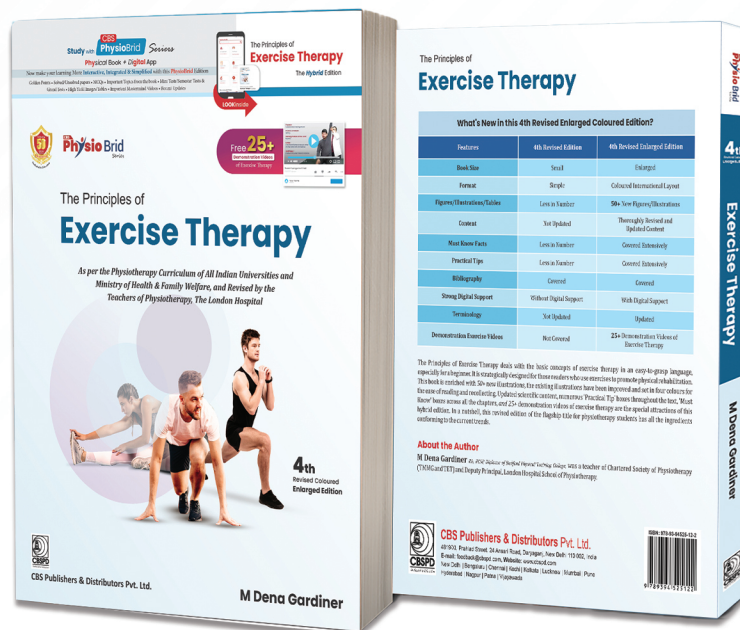
Edition
1st, 2026



Pages
700
(Tentative)



Price
TBA



Authored by
M Dena Gardiner

Updated by
Divya Gupta



ISBN
9789394525122



Edition & Year
4th Revised ed., 2023



Pages
348



MRP
595/-

Special Features



The **First book under CBS Phy^oBrid Series** includes Physical Book plus digital features.



The entire text is divided into six parts and **23 chapters**.



Deals with **basic concepts of exercise therapy** in an easy-to-grasp language.



Every topic begins with **Learning objective, Chapter outline, Introduction** to the topic & ends with **conclusion**.



50+ new illustrations added Updated scientific content.



Existing illustrations improved to **4 color** for ease of reading and recollecting.



The **Chapter-5** on Derived Positions has been thoroughly updated with text and new illustrations.



Text supported with extensive **practical tips** to provide Applied aspects.



Must Know boxes extensively incorporated throughout the text for better understanding of some terminologies or concepts.



Terminology is thoroughly updated in this enlarged edition.



Free **25+** Demonstration videos of Exercise Therapy.

Explore The New Era of Learning

Get Free Access to 25+ Exercise Therapy Demonstration Videos with

Watch and learn with selected Important Topic-wise Videos



Passive Movement of Shoulder Joint



Passive Movement of Elbow Joint



Passive Movement of Wrist Joint



Scan the QR code to watch the **all videos**

Electrotherapy

Principles and Practice

Author: **Roshan Lal Meena**



ISBN
9789394525108



Edition
2nd, 2023



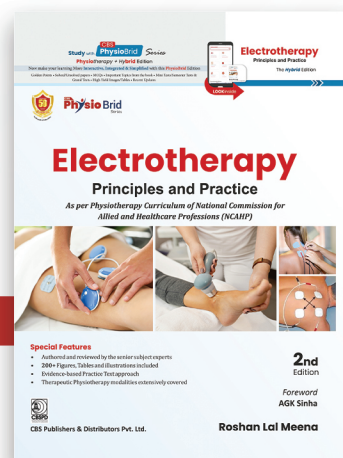
Pages
460



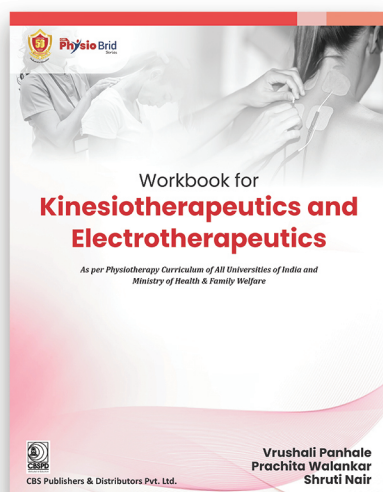
Price
695/-

Special Features

- Authored and reviewed by the **senior subject experts**.
- **200+** Figures, Tables and illustrations included.
- **Evidence-Based Practice Text** approach.
- **Therapeutic Physiotherapy modalities** extensively covered including Shockwave Therapy and LASER.
- **Key Terms** at the beginning of each chapter for easy understanding and quick revision.
- **Must Know boxes** highlight most important information in a simple language.
- **Practical Tips** from experienced physiotherapists to be useful in clinical scenarios.



2nd Year



Workbook for

Kinesiotherapeutics and Electrotherapeutics

Authors: **Vrushali Panhale | Prachita Walankar | Shruti Nair**

Forthcoming



Edition
1st, 2026



Pages
300
(Tentative)



Price
TBA

Electrotherapy OSPE Checklist and DOPS

A Practical Guide for Physiotherapy Students

Authors: **Trupti S Deshmukh | Vaishali Ingole | Shruti Sarkar**

Forthcoming



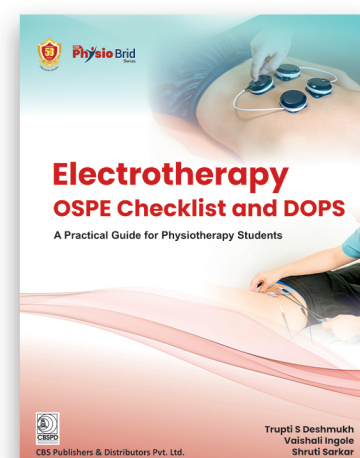
Edition
1st, 2026



Pages
300
(Tentative)



Price
TBA



Textbook of Pharmacology

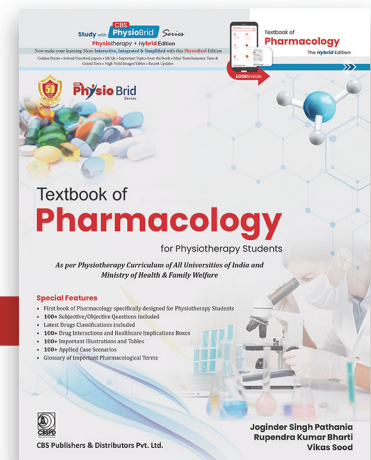
for Physiotherapy Students

Authors: **Joginder Singh Pathania | Rupendra Kumar Bharti | Vikas Sood**

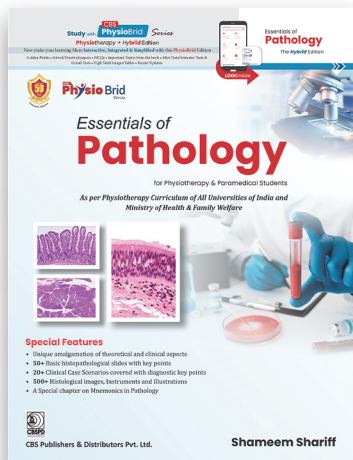
 ISBN 9789390619740	 Edition 1st, 2023	 Pages 548	 Price 695/-
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Special Features

- **First book of Pharmacology** specifically designed for Physiotherapy Students.
- **100+** Subjective/Objective Questions included.
- **Concept to Clinic** boxes highlight evolution of theoretical concepts to clinical scenarios.
- **100+** Drug Interactions and Healthcare Implications Boxes.
- **100+** Important Illustrations and Tables.
- **50+** Applied Case Scenarios.
- **Glossary** of Important Pharmacological Terms.







2nd Year



Essentials of Pathology

for Physiotherapy & Paramedical Students

Author: **Shameem Shariff**

 ISBN 9789390619344	 Edition 1st, 2023	 Pages 696	 Price 1095/-
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Special Features

- **Unique amalgamation** of theoretical and clinical aspects.
- **50+** Basic histopathological slides with key points.
- **20+** Clinical Case Scenarios covered with diagnostic key points.
- **500+** Histological images, Instruments and illustrations.
- A **Special chapter** on Mnemonics in Pathology.

Textbook of Microbiology

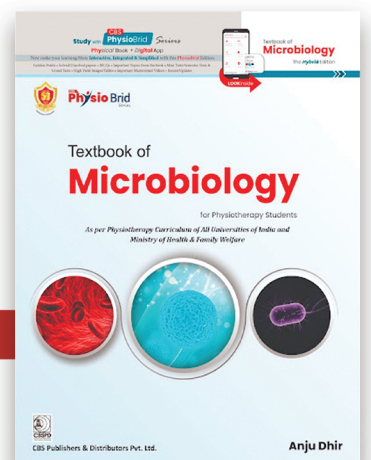
for Physiotherapy Students

Author: **Anju Dhir**

 ISBN 9789390619757	 Edition 1st, 2023	 Pages 424	 Price 595/-
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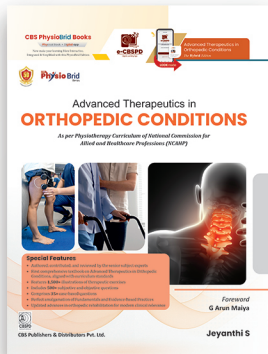
Special Features

- **First book of microbiology** specifically designed for physiotherapy students.
- **400+** Illustrations, Tables & Flowcharts covered.
- **30+** Clinical Case Scenarios & Practicals covered.
- **Terminology** of important microbiological terms included.
- Applied **Microbiology** included.
- **Perfect amalgamation of theory** and clinical aspects.



Third Year

“Through hands-on experience and clinical placements, we bridge the gap between theory and practice, honing our skills to become compassionate and skilled physiotherapists ready to make a positive impact.”



Advanced Therapeutics in **Orthopedic Conditions**

Author: **Jeyanthi S**



ISBN
9788197750076



Edition
1st, 2026



Pages
900
(Tentative)



Price
TBA

Essentials of **Physical & Functional Diagnosis**

Authors: **Anchit Gugnani | Nandini Kushwaha**

Releasing Soon



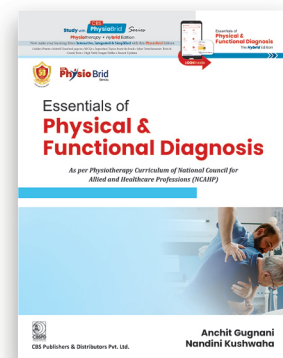
Edition
1st, 2026



Pages
800
(Tentative)



Price
TBA



Integrated Physiotherapy in **General Medical & Surgical Conditions**

Authors: **Rajendra Kachhwaha | Simi Simon | Smruti Swagatika Dash**

Forthcoming



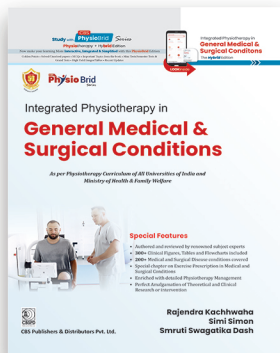
Edition
1st, 2026



Pages
500
(Tentative)



Price
TBA



Textbook of **Research Methodology and Biostatistics** for Physiotherapy Students

Authors: **Kamlesh Kumar Shukla**

Forthcoming



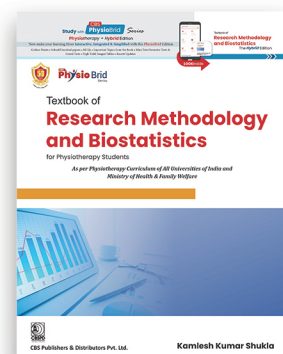
Edition
1st, 2025

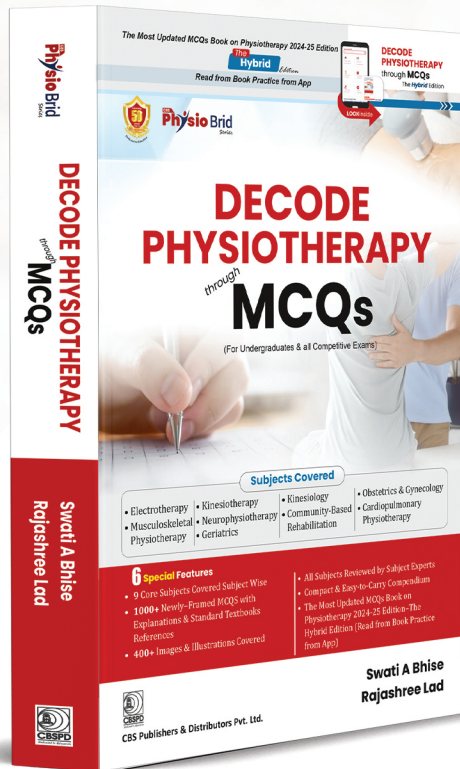


Pages
500
(Tentative)



Price
TBA





ISBN
9789394525993



Edition
1st Edition 2025



Pages
436



MRP
495/-

Special Features

- 9 chapters Covering Core Subjects
- 1000+ Newly-Framed MCQs with Explanations & Standard Textbooks References
- 400+ Images & Illustrations Covered
- All **Subjects Reviewed** by Subject Experts
- Compact & **Easy-to-Carry** Compendium
- The Most Updated MCQs Book on Physiotherapy 2024-25 Edition-The **Hybrid Edition** (Read from Book Practice from App)

Authors: **Swati A Bhise | Rajashree Lad**

ISBN
9789394525825



Edition
1st Edition 2024



MRP
595/-

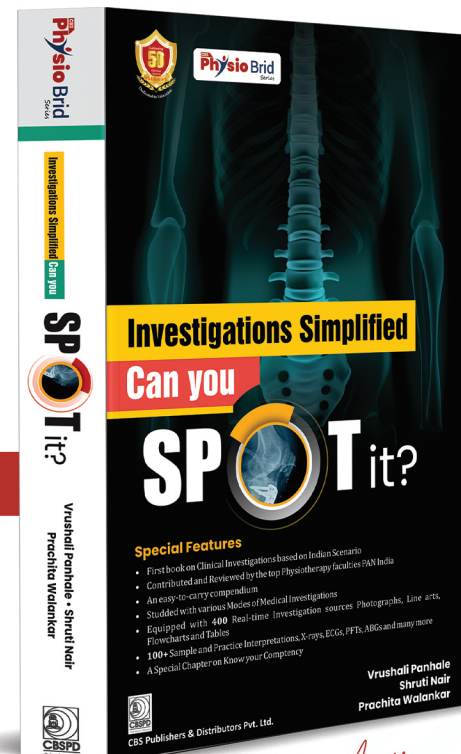


Pages
404



Special Features

- First book on **Clinical Investigations** based on Indian Scenario
- Equipped with **400 Real-time Investigation** sources including Photographs, Line arts, Flowcharts & Tables
- **100+** Sample and Practice Interpretations, X-rays, ECGs, PFTs, ABGs and many more
- A Special Chapter on **Know your Competency**
- Studded with various Modes of **Medical Investigations**
- Contributed & Reviewed by the top **Physiotherapy faculties** PAN India
- An **easy-to-carry** compendium



Authors:

**Vrushali Panhale
Shruti Nair
Prachita Walankar**

3rd Year

Fourth Year

“In our final year, we embark on the culmination of our journey, integrating our knowledge, critical thinking, & empathy to provide evidence-based care, supporting individuals in reaching their fullest potential and enhancing their quality of life.”

Advanced Therapeutics in Neurophysiotherapy

Author: **Purusotham Chippala**

Releasing Soon



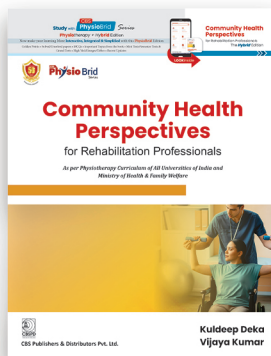
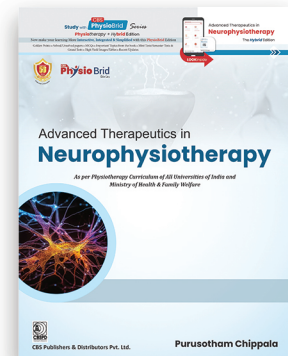
Edition
1st, 2026



Pages
1500
(Tentative)



Price
TBA



Community Health Perspectives

For Rehabilitation Professionals

Authors: **Kuldeep Deka | Vijaya Kumar**

Releasing Soon



Edition
1st, 2026



Pages
400
(Tentative)



Price
TBA

Advanced Therapeutics in Cardiopulmonary Condition

Author: **Supriya K Vinod**

Forthcoming



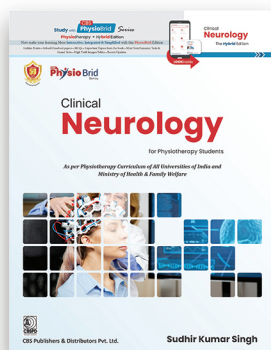
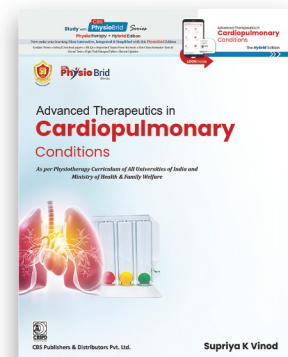
Edition
1st, 2026



Pages
500
(Tentative)



Price
TBA



Clinical
Neurology
For Physiotherapy Students
Author: **Sudhir Kumar Singh**

Forthcoming



Edition
1st, 2026



Pages
500
(Tentative)



Price
TBA

Essentials of Ethics, Laws, Professionalism and Management for Physiotherapy Students

Author: **Suvarna Ganvir**



ISBN
9788197750014



Edition
1st, 2025



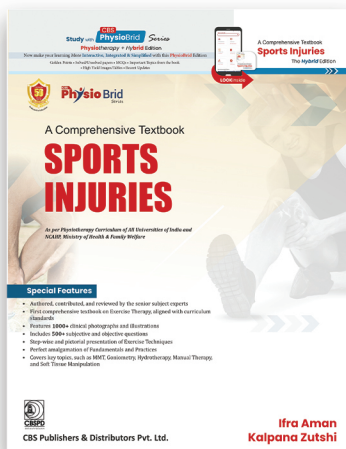
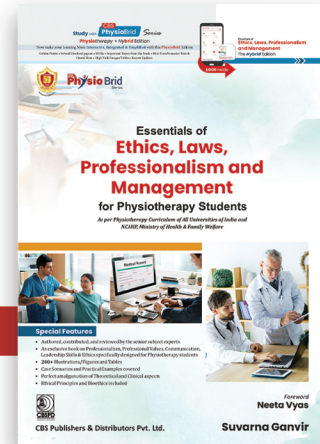
Pages
384



Price
395/-

Special Features

- Authored, contributed, and reviewed by the senior subject experts
- An exclusive book on Professionalism, Professional Values, Communication, Leadership Skills & Ethics specifically designed for Physiotherapy students
- **200+** Illustrations/Figures and Tables
- Case Scenarios and Practical Examples covered
- Perfect amalgamation of Theoretical and Clinical aspects
- Ethical Principles and Bioethics included



A Comprehensive Textbook Sports Injuries

Authors: **Ifra Aman | Kalpana Zutshi**

Forthcoming



Edition
1st, 2026



Pages
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Authors: **Tarpan H Shah | Hiral T shah**



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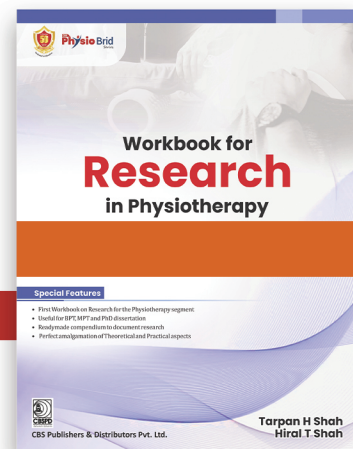
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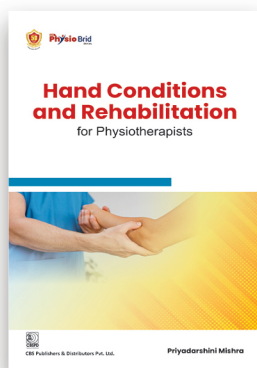
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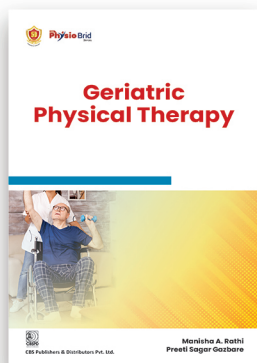
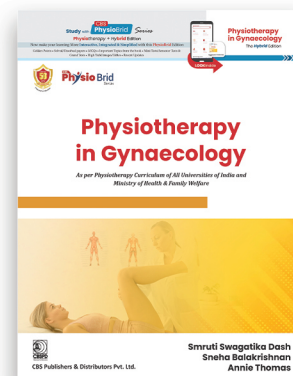
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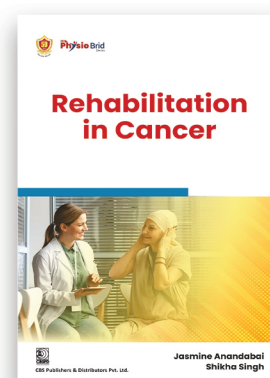
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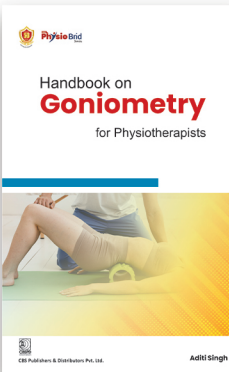


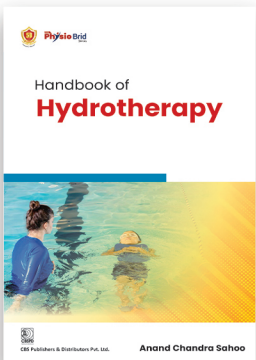
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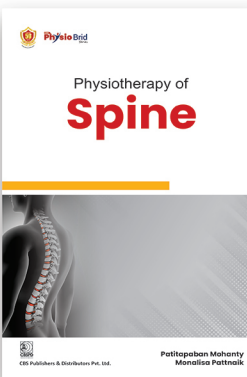


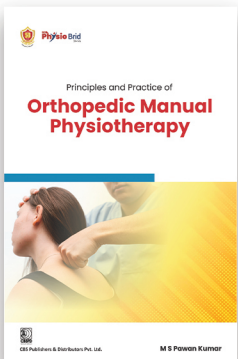
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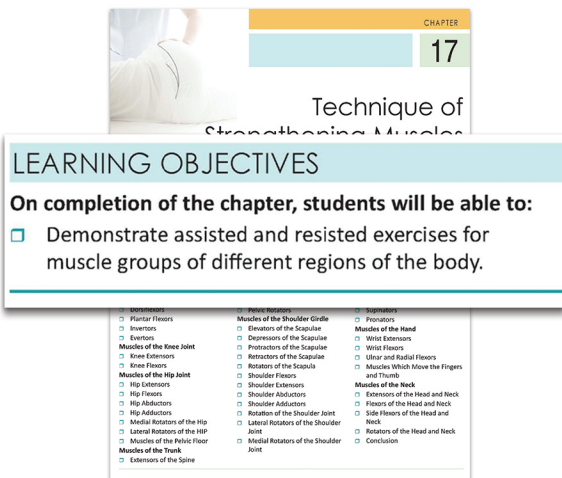


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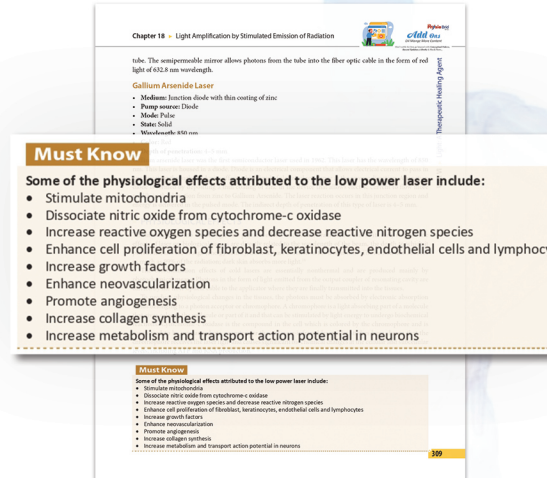


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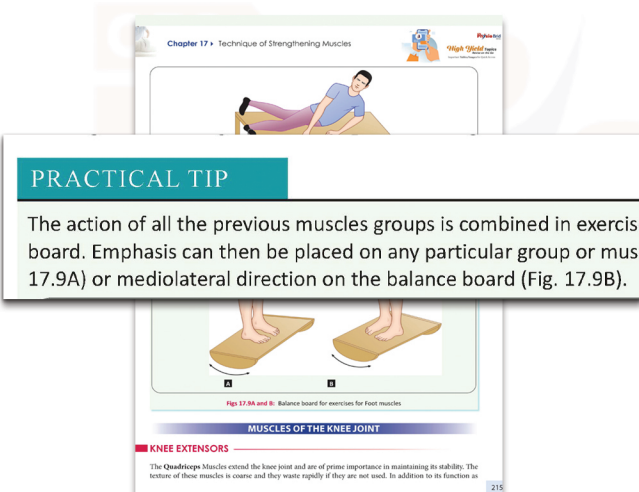
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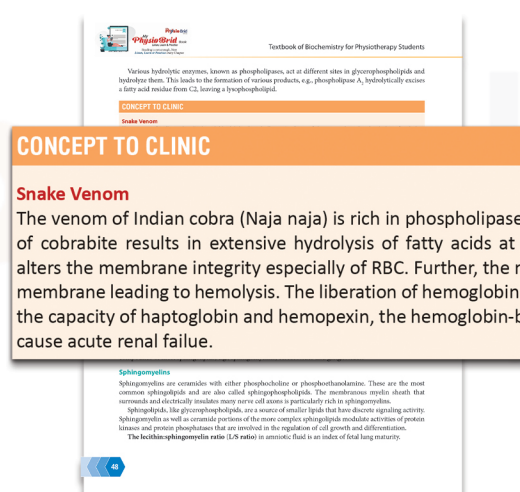
Learning Objectives in the beginning of every chapter help readers understand the purpose of the chapter.



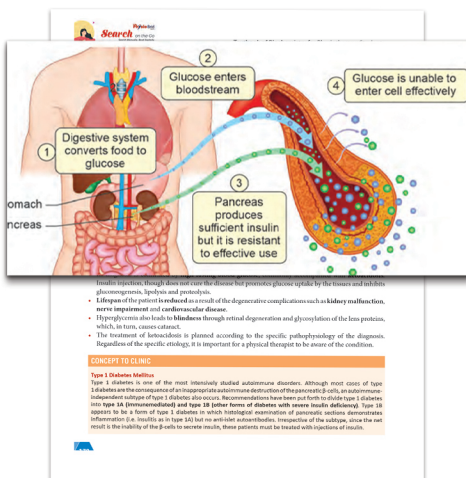
Must Know boxes provide the overview of important facts and terms of the concerned topic.



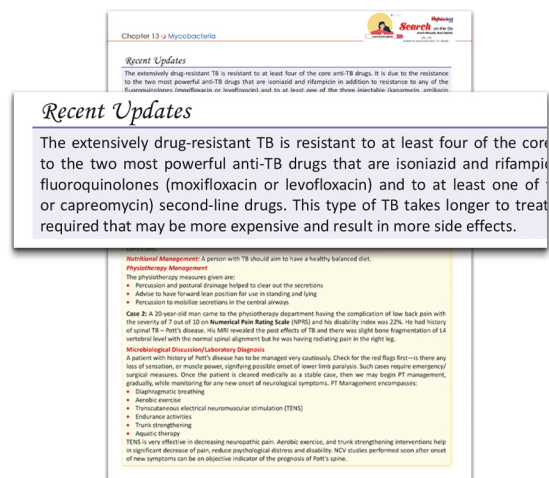
Practical Tips enhance the use of basic concepts in practical scenarios.



Concept to Clinic boxes depict evolving conceptual details for application in clinical situations.



Colorful Figures are well illustrated in the books.



Any advancements that have taken place in recent times relevant to study & practice are enlisted as **Recent Updates**.

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SUMMARY

- Various antimicrobials either inhibit or destroy the metabolic properties of bacteria.
- Antimicrobials are known as 'wonder drugs' used to save many lives from deadly infections.
- The antimicrobial treatment causes some side effects.
- Antimicrobial resistance occurs when infections due to bacteria, viruses, fungi and parasites are not treated with the timely use of antimicrobials.
- The replication of organisms accidentally develops mechanisms to avoid destruction by antimicrobials.
- MRSA and MDRO** can cause infections in any part of the body, including bloodstream, skin, wounds or surgical site.

Important takeaway points of respective chapters have been highlighted under **Summary Boxes**.

Physiotherapy correlation of the topics under study is mentioned as **Physio Corner**.

CASE STUDY

A 58-year-old male came complaining about generalized pain in the right ankle and dorsum. The pain was worse at night. There was no fever. His vitals were normal, with erythema over lateral aspect of the foot. The patient was diagnosed with gout based on the signs and symptoms.

Goals of Physiotherapy Management:

- Focus on reinforcement of management program, splinting, orthotic affected joint(s).

Case Study demonstrates example(s) of specific clinical scenarios that are often encountered by Physiotherapists.

Physio CORNER

The reason why we stress on doing the large muscle group exercises slowly, and therefore, aerobically is that, on doing exercises too rapidly, one may end up feeling tired, with a buildup of anaerobic products, and less energy. One easy way to keep a check- if you can continue to talk or count aloud without getting breathless,

ASSESS YOURSELF

Long/Short Answer Questions

- Outline the reactions of citric acid cycle. Give energetics of the cycle and explain!
- Give outline of glycolytic reactions. What are the regulatory steps? What is the effect of insulin on glycolysis?
- Define glycogenolysis. Outline reactions of this pathway. How is it regulated?
- What is glycogenesis? Give reactions of glycogenesis. How is it regulated?

At the end of chapters, **Assess Yourself** section is given which contains frequently asked questions in exams and multiple choice questions to help you attain mastery over the subject.

Practical

Dick test: It is used to know about the immune status of an individual. Positive result indicates that the person is susceptible to scarlet fever infection.

- Dick test is a neutralization test.
- 0.2 mL of standard toxin of *Streptococcus pyogenes* is injected intradermally. Inactivated toxin is injected intradermally in another forearm, as control reaction.
- Positive result-erythema of 1 cm diameter which indicates susceptibility to scarlet fever.

Practical boxes highlight the important laboratory tests.

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Textbook of Exercise Therapy

Specific Heat and Thermal Conductivity

- Specific heat is the amount of heat needed to raise the temperature of a substance. Water has a high specific heat, meaning it can hold a lot of heat.
- It takes four times more energy to heat water than air.
- Water conducts heat much better than air, transferring

Some aquatic therapies include Halliwick, the Bad Ragaz Ring Method, Watsu, Aqua Running and Ai Chi. Aquatic therapies are treatments and exercises that are done in water for the purposes of relaxation, fitness, physical rehabilitation, and other therapeutic benefits. Pressure sores, neurological conditions, musculoskeletal pain, postoperative orthopedic rehabilitation, and pediatric impairments are among the

Clinical Correlation

For patients dealing with mental health disorders such as anxiety, depression or PTSD, hydrotherapy can serve as a complementary therapy to traditional mental health interventions. The calming effect of water combined with therapeutic exercises can help alleviate symptoms, improve mood, and promote a sense of relaxation and well-being.

relaxation and well-being.

TECHNIQUES

The application of water in any form—water, ice, or steam—either internally or externally with the purpose of promoting health or treating a range of conditions is known as hydrotherapy. This popular autopathic treatment technique was used in ancient China, Egypt, India, and other countries. The purpose of hydrotherapy is to improve blood circulation. This is significant because blood nourishes tissues and organs and removes waste. Degeneration of the tissues and organs results from inadequate or sluggish circulation, which prevents the delivery of therapeutic nutrients and the removal of toxins. More nutrients are made available to cells for usage and toxins are handled more effectively by improving blood quality. Swimming, running, walking, cycling, stretching and underwater treadmill or parallel bars are some of the aquatic exercises used in rehabilitation of patients and athletic injuries.



Fig. 20.4: Aqua running



Fig. 20.5: Bad Ragaz Ring Method

Clinical Correlation boxes

Bridging theory with real-world physiotherapy practice through relevant clinical examples.

Textbook of Exercise Therapy



Figs 16.13A and B: Common peroneal nerve testing: A. Plantarflexion and inversion; B. Hip flexion + plantarflexion and inversion

used separately by lots of practitioners but in 2004 the Guide to Physical Therapist Practice released by APTA included both the terms under the same heading and are now used interchangeably. But still many people advocate that using these terms interchangeably might create a lot of confusion. A practitioner must have thorough knowledge of anatomical and biomechanical assessment and the pathological knowledge of the patient's conditions to be able to clinically

Arthrokinematics

It is defined as the motion that occurs between two joint surfaces. It is classified into three types: (1) Rolling, (2) Spinning and (3) Sliding (Fig. 16.14).

Did You Know?

There are only few joints where isolated movement of roll, spin,

Did You Know?

There are only few joints where isolated movement of roll, spin or sliding takes place. Since majority of the joints of human body are incongruent, majority of joint movements are a combination of any of the two arthrokinematics motion which is quite important for joint mechanics.

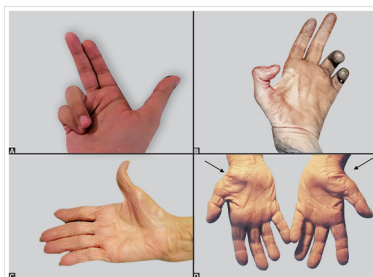
> E.g., the proximal phalanx slides over metacarpal head during finger flexion and extension.

Fig. 16.14: Types of arthrokinematics

Did You Know

Concise facts designed to enhance conceptual clarity and deepen subject understanding.

Advanced Therapeutics in Orthopedic Conditions



Figs 15.5A to D: Symptoms of carpal tunnel syndrome: A. Finger lag when making a fist; B. Ape thumb; C. Unilateral thenar wasting; D. Bilateral thenar wasting

Clinical Pearls

Nighttime Symptoms in CTS

Symptoms during the night tend to be common. Many individuals sleep with their wrists bent, which causes the symptoms to wake them up.

- Stage III: The patient complains of hand clumsiness and impairment of digital functions, among other things.
- Stage IV: Sensory loss in the median nerve distribution region may be elicited at this point, and there is apparent atrophy of the thenar eminence.

conduction investigations: The criterion for a positive electro-diagnostic test is a motor latency >4.0 msec and a sensory latency of >3.5 msec. An X-ray is recommended to rule out other causes of wrist discomfort, such as arthritis or bone disease.

Clinical Pearls

Practical, experience-based insights offering valuable guidance for physiotherapy clinical decision-making.

CHAPTER 13 Shoulder Complex Injuries

Mnemonic

Mnemonic used: SITS

When trying to remember the muscles of the rotator cuff, a handy mnemonic is SITS.

- Supraspinatus
- Infraspinatus
- Teres minor
- Subscapularis

These four muscles play a key role in shoulder movement and stability.

in active and passive shoulder joint causes or causes within the shoulder joint (Figs 13.3A and B). Common condition characterized by disabling loss of both active and passive shoulder joint movement.

Adhesive capsulitis is divided into two types which are as follows: In this type, the exact cause is idiopathic. In this type, the exact cause is known in nature. The secondary

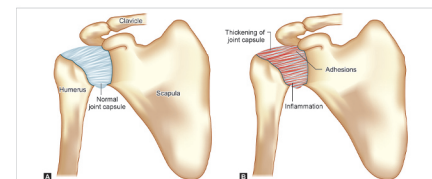
causes include the injuries directly related to the shoulder joint which may give rise to such as rotator cuff tendinitis, fractures, and dislocations around

locking in the shoulder joint. Examples of bursae in the shoulder include the subacromial bursa and subscapular bursae.

ADHESIVE CAPSULITIS

Frozen shoulder, also known as periarthritis or adhesive capsulitis is defined as a clinical syndrome characterized

by issues unrelated to the shoulder joint, such as diabetes, cardiovascular conditions that relate pain to the shoulder thus leading to its immobility, reflex sympathetic dystrophy, frozen hand shoulder syndrome, and Colles' fracture complications. The shoulder joint may have been left immobile for a long time because of referred discomfort, etc.

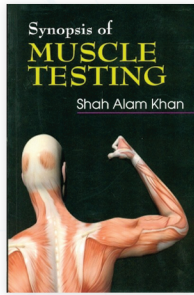


Figs 13.3A and B: Frozen shoulder: A. Normal capsule; B. Adhesive capsulitis

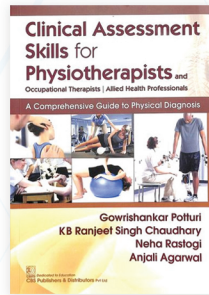
Mnemonics

Smart memory aids designed to enhance rapid recall.

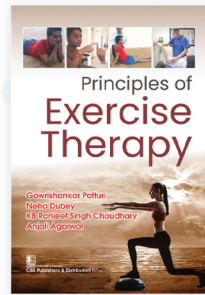
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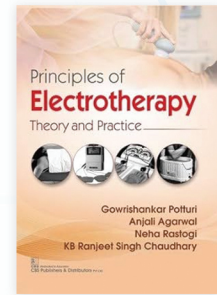
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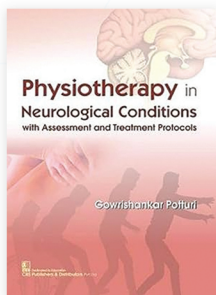
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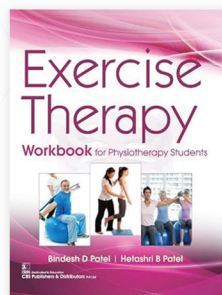
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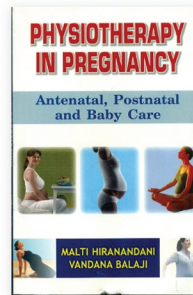
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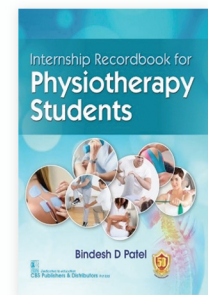
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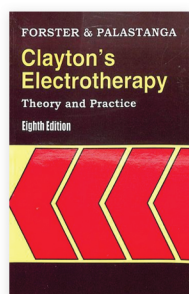
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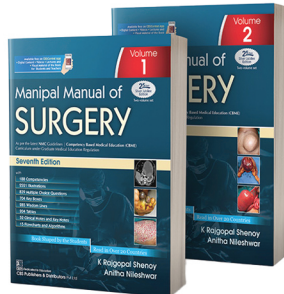
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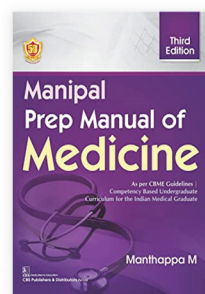
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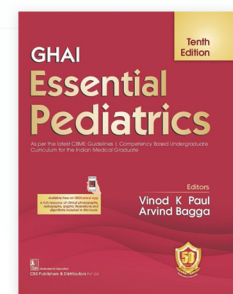
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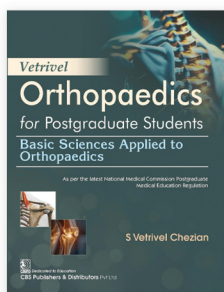
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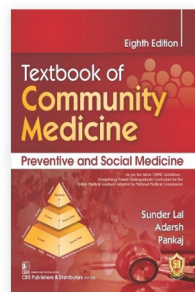
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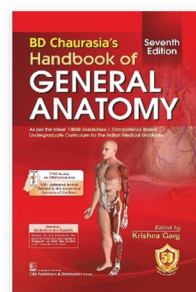
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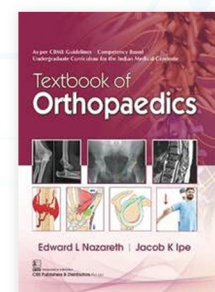
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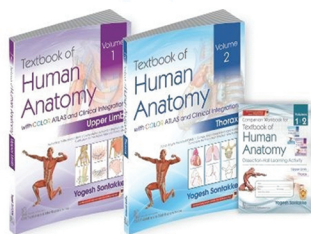


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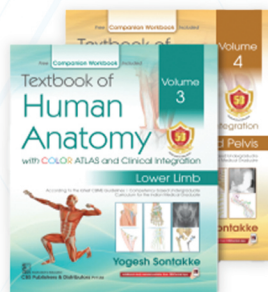


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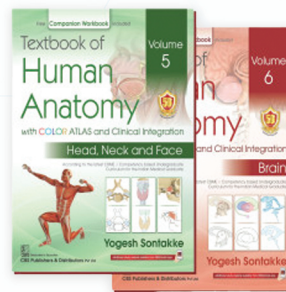
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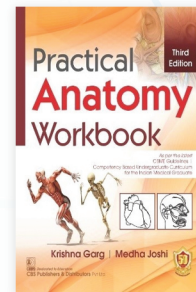
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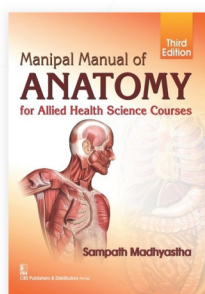
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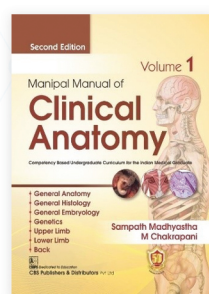
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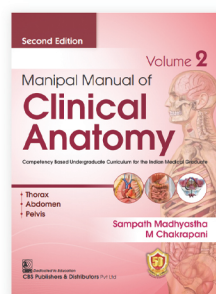
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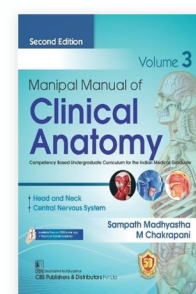
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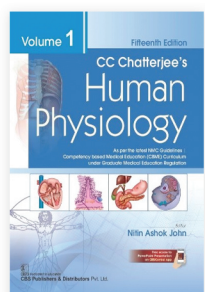
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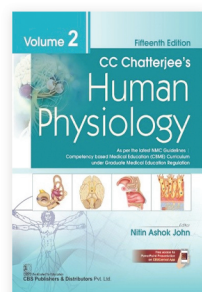
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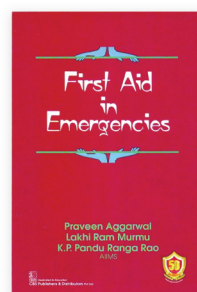
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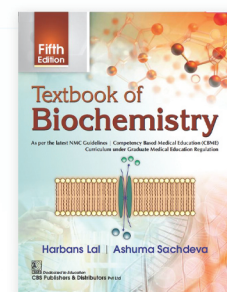
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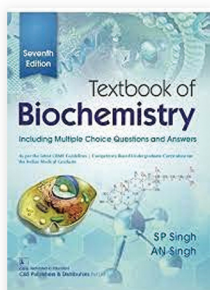
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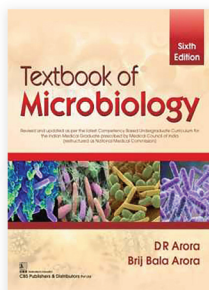
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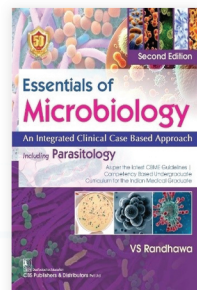
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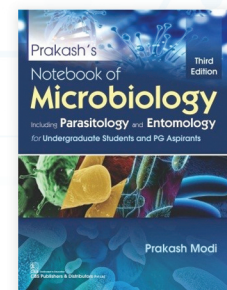
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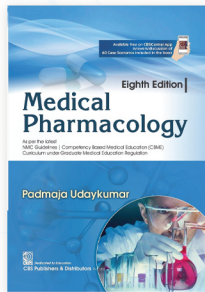


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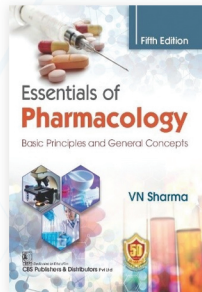


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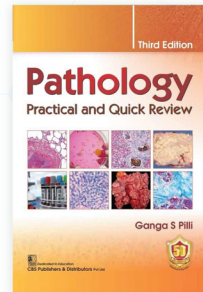
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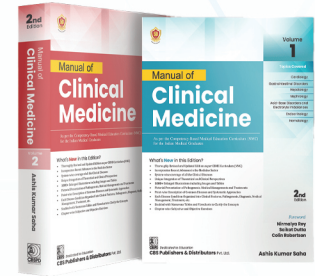
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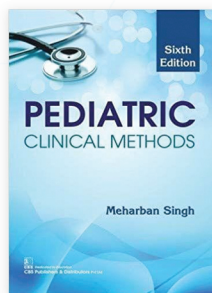
VN Sharma
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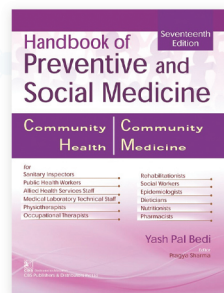
Ganga S Pilli
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2023 ₹695/-



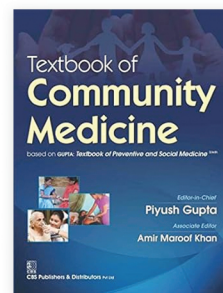
Ashish Saha
Set ISBN 9789394525177
2025 ₹3995/-



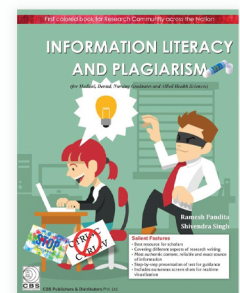
Meharban Singh
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2020 ₹895/-



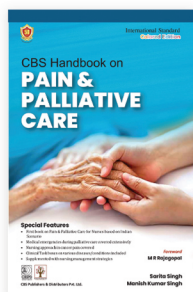
Yash Pal Bedi | Pragya Sharma
9789386478245
2021 ₹595/-



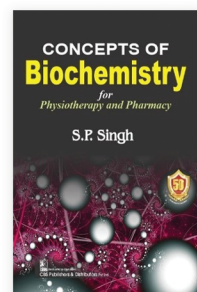
Piyush Gupta
9788123929736
2016 ₹795/-



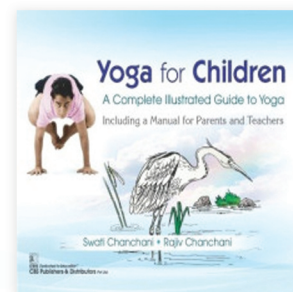
Ramesh Pandita | Shivendra Singh
9789386827135
2019 ₹495/-



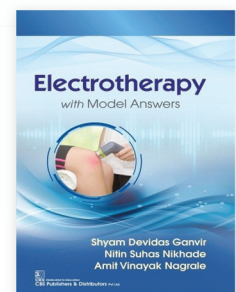
Sarita Singh | Manish Kumar Singh
9789390619429
2022 ₹295/-



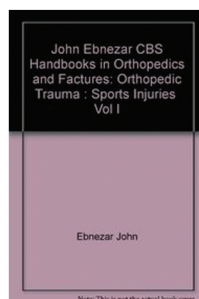
SP Singh
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2019 ₹525/-



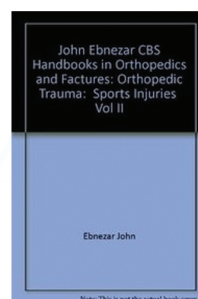
Swati Chanchani | Rajiv Chanchani
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2021 ₹395/-



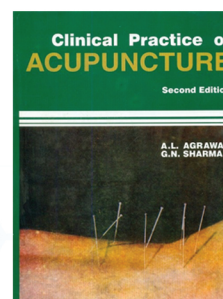
Shyam Devidas Ganvir | Nitin Suhas Nikhade
9789388327589
2019 ₹350/-



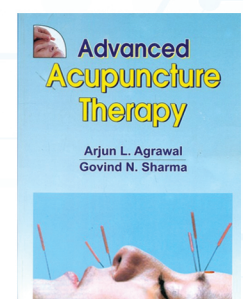
Ebnezar J.
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2012 ₹350/-



Ebnezar J.
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2012 ₹350/-

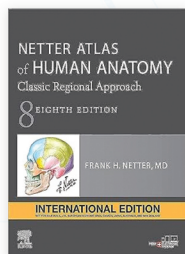


A.L. Agrawal | G.N. Sharma
9788123903385
2014 ₹1295/-

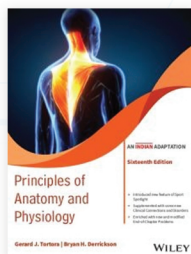


Arjun L. Agrawal | Govind N. Sharma
9788123917269
2016 ₹1195/-

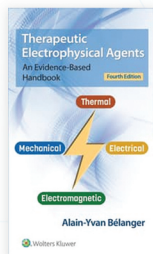
CBS EXCLUSIVE DISTRIBUTION TITLES (INTERNATIONAL)



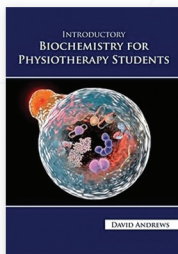
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2023 ₹2435/-



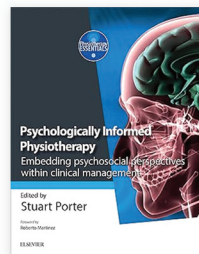
Gerard J Tortora
9789357461641
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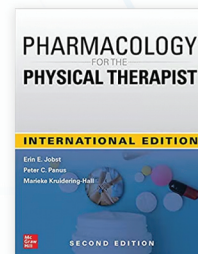
Belanger A.Y.
9781975159580
2022 \$72.99



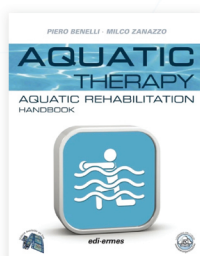
Andrews D.
9798886261530
2023 \$ 248



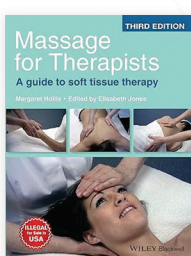
Porter S.
9780702068171
2017 \$61.95



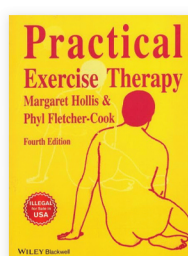
Jobst E.E.
9781260461138
2020 \$91.25



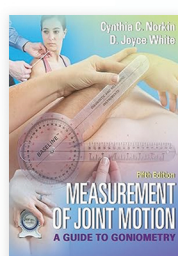
Benelli P.
9788870515183
2018 ₹7231



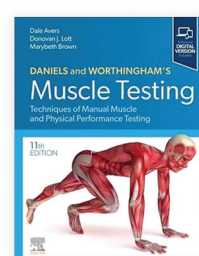
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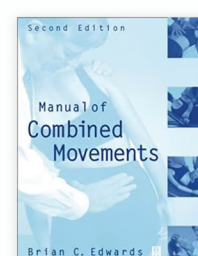
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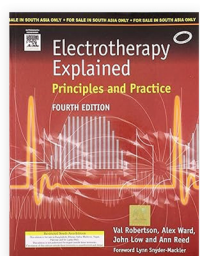
Cynthia C Norkin
9780803645660
2016 ₹6393.84



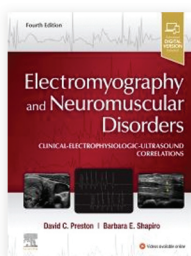
Dale Avers
9780323824200
2024 ₹10817



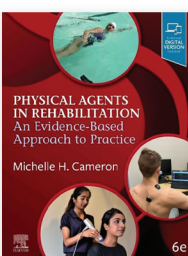
Edwards B
9780750642903
1999 ₹695/-



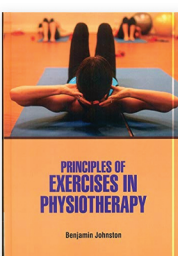
Robertson V.
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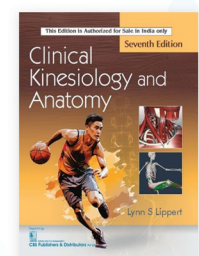
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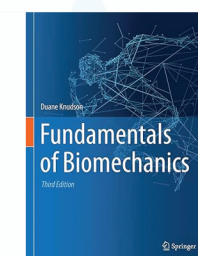
Cameron M.H.
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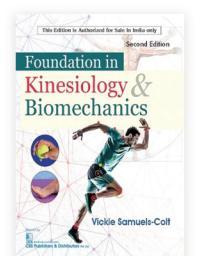
Johnston B.
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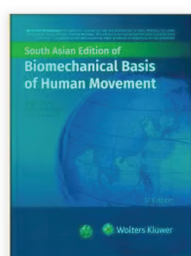
Lynn S Lippert
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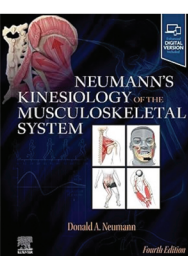
Duane Knudson
9783030518370
2021 ₹8849/-



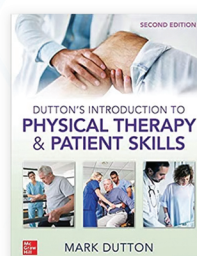
Vickie Samuels Colt
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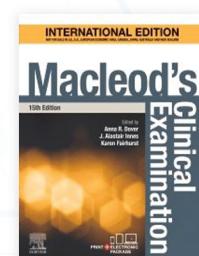
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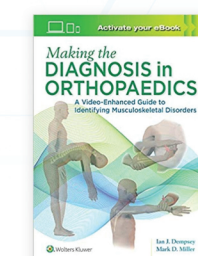
Donald A Neumann
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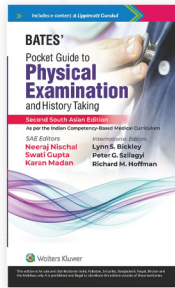


Dover A.R.
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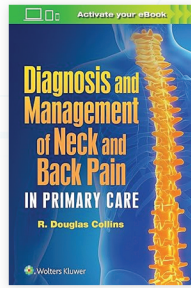


Mark D Miller
9781496381125
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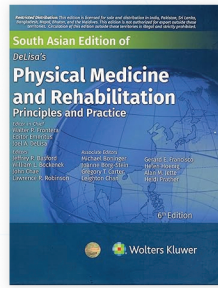
CBS EXCLUSIVE DISTRIBUTION TITLES (INTERNATIONAL)



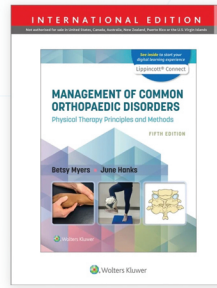
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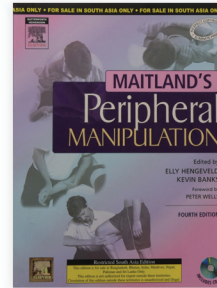
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9781496362742
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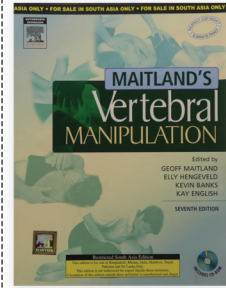
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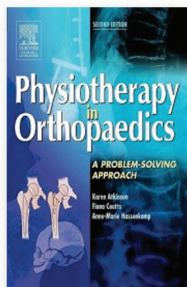
Myers B
9781975191764
2023 \$134.99



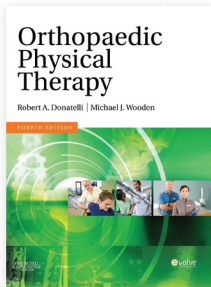
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2009 ₹3125/-



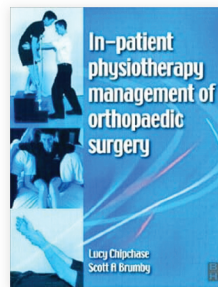
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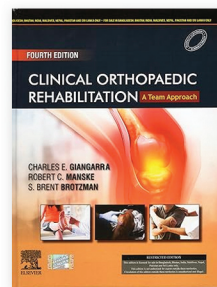
Atkinson K
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2006 \$74.95



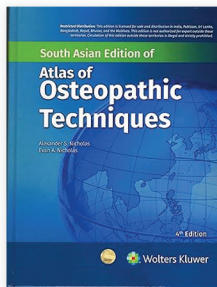
Donatelli Robert
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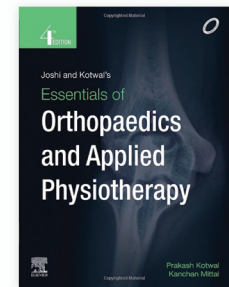
Chipchase L.
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2001 \$46.95



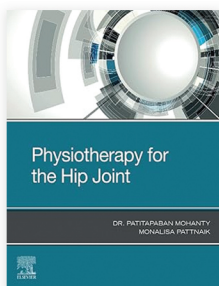
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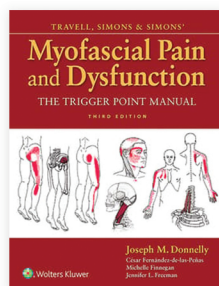
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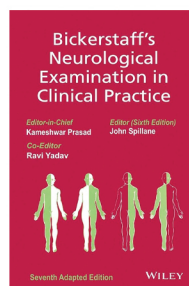
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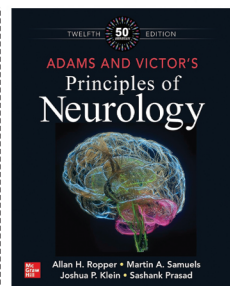
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2023 ₹136.99



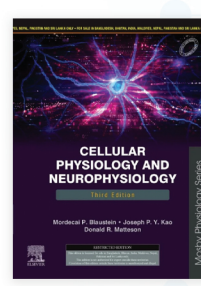
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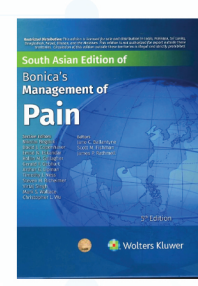
Kameshwar Prasad
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2017 ₹1150/-



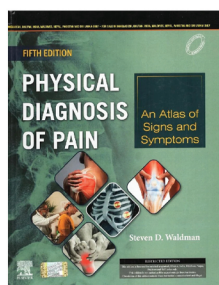
Ropper | Samuels | Klein | Prasad
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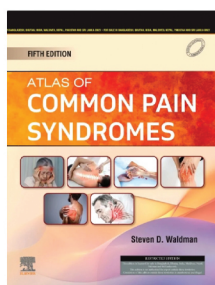
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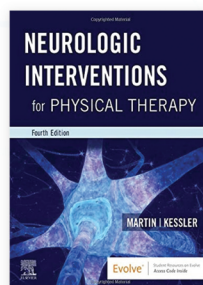
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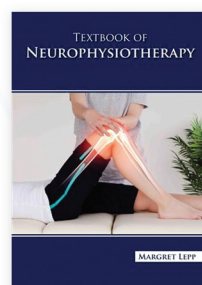
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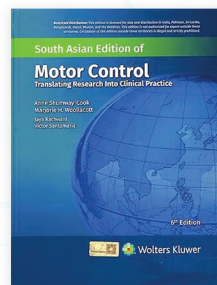
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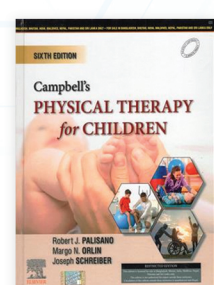
Martin S.T.
9780323661751
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Lepp M.
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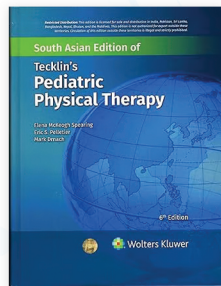


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2024 ₹9999/-

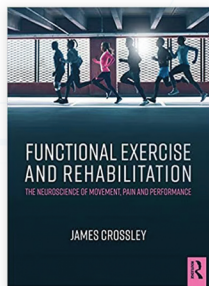


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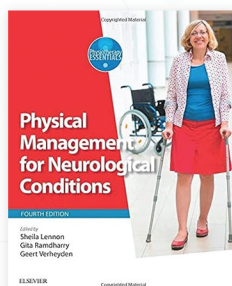
CBS EXCLUSIVE DISTRIBUTION TITLES (INTERNATIONAL)



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9789348094254
2024 **₹9399/-**



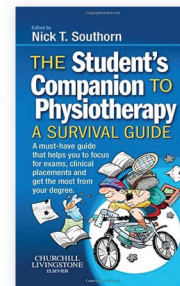
Crossley J
9781482232356
2021 **\$38.99**



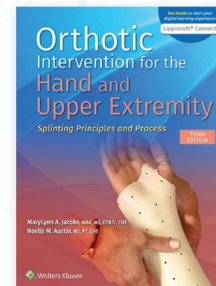
Sheila Lennon
9780702071744
2018 **₹2776/-**



Lennon S.
9780702055089
2018 **\$32.95**



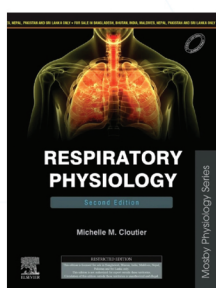
Southern
9780702033803
2010 **\$17.99**



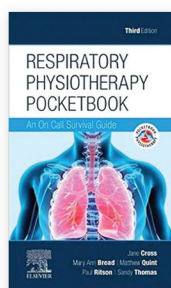
Jacobs M.
9781975140953
2022 **\$132.99**



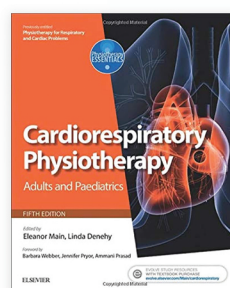
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2019 **₹1295/-**



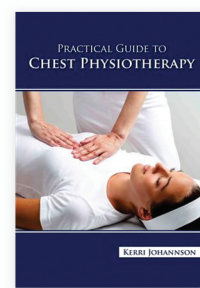
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9788131271827
2024 **₹1795/-**



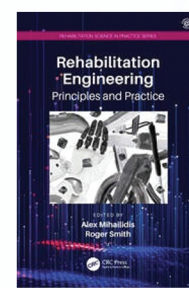
Cross J.
9780702055072
2020 **\$38.95**



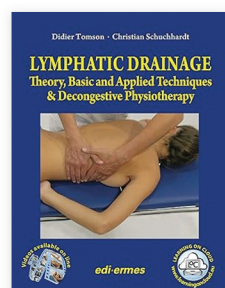
Main E.
9780702047312
2016 **\$66.95**



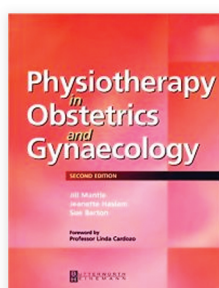
Johannsson K.
9798886261349
2023 **\$243.25**



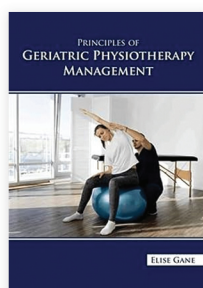
Alex Mihailidis | Roger Smith
9781138198265
2022 **€45.99**



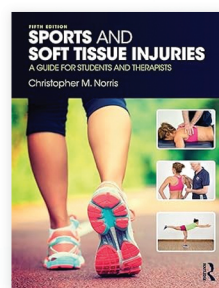
Tomson D.
9788870514742
2018 **₹3995/-**



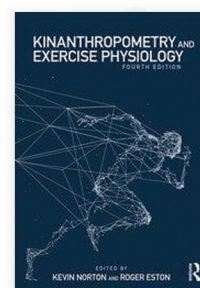
Mantle J.
9780750622653
2019 **\$86.95**



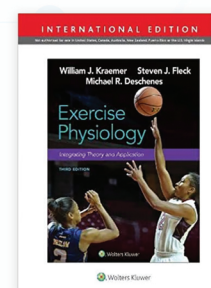
Gane E.
9798886260755
2023 **\$228.5**



Norris
9781138106598
2019 **\$62.99**



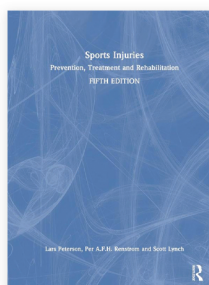
Norton
9781138230521
2019 **\$81.99**



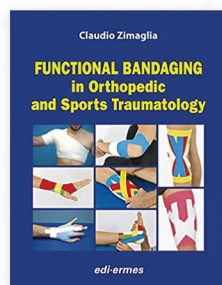
Deschenes M.R.
9781975152352
2021 **\$136.95**



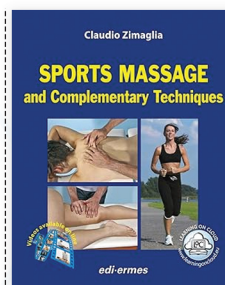
Eastwood D.
9781032017624
2023 **\$59.99**



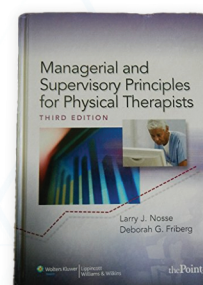
Peterson L.
9780367522032
2024 **\$135.00**



Zimaglia
9788870515237
2018 **\$45.00**



Zimaglia
9788870515213
2018 **₹3495/-**

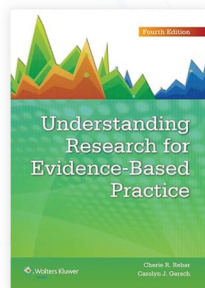


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9780781781329
2009 **\$92.99**

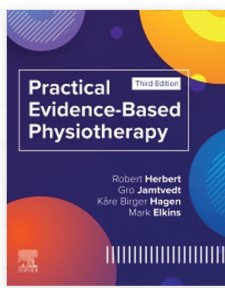


Hall
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2014 **\$122.99**

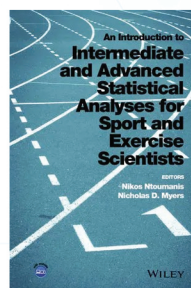
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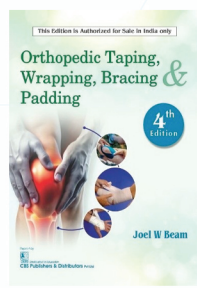
Rebar, Gersch
9781451191073
2014 **\$93.99**



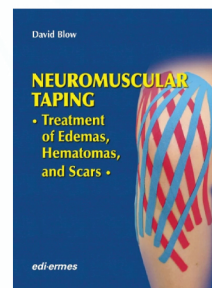
Herbert R.
9780323848398
2022 **\$62.99**



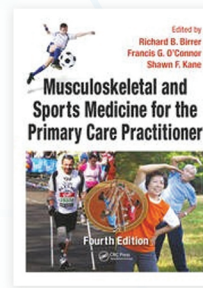
Ntoumanis
9781118962053
2016 **\$61.55**



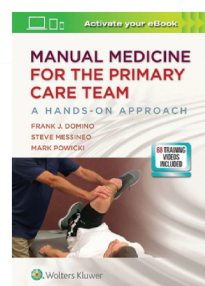
Joel W Beam
9789348385000
2025 **₹1695/-**



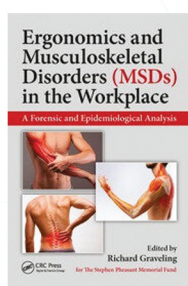
Melissa Vosen Callens
9788870515992
2018 **₹3495/-**



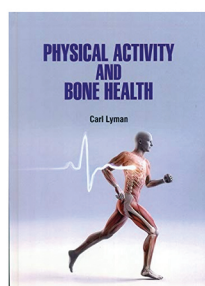
Birrer R.B.
9780367787707
2021 **₹4130/-**



Frank J. Domino
9781975111472
2019 **\$97.99**



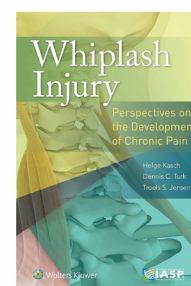
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2019 **€89.25**



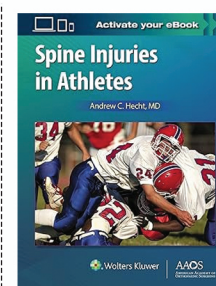
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2021 **₹17,576.00**



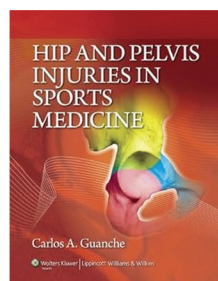
Schoene
9781498775441
2018 **€46.74**



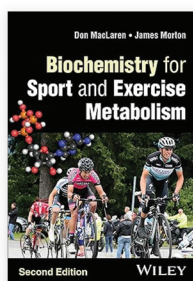
Helge Kasch
9781496333483
2016 **₹7,735.00**



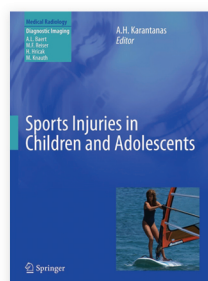
Hecht A C
9781496360267
2017 **₹15,311.63**



Carlos A. Guanche
9780781777711
2009 **₹22,861.53**



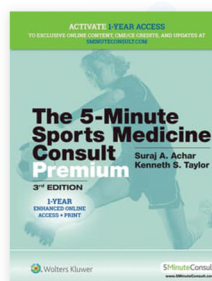
Maclaren D
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2024 **\$60.75**



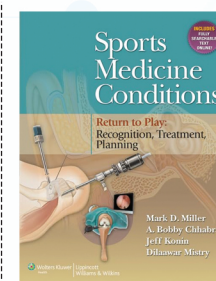
Karantanis
9783540885894
2011 **₹19490/-**



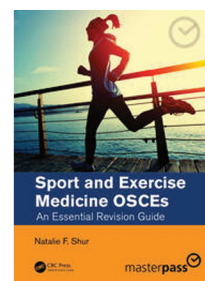
Brian D. Busconi
9780781787208
2009 **₹10,987.00**



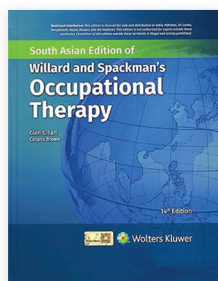
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2019 **\$205.99**



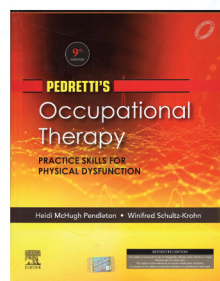
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9781451121032
2013 **₹13499/-**



Natalie F. Shur
9780367706784
2021 **€46.74**



Gillen G.
9789348094605
2024 **₹10499/-**



Pendleton H M
9789348094605
2025 **₹8,995.00**

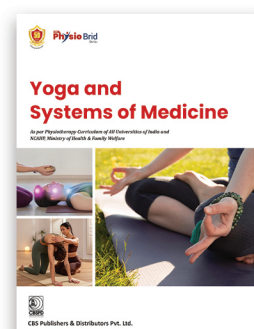
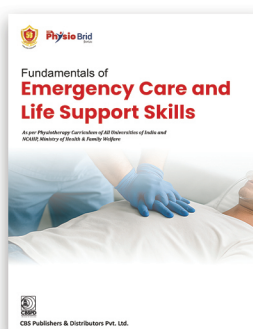
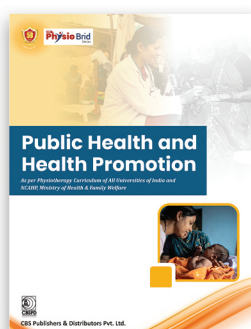
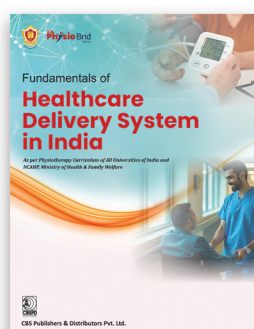
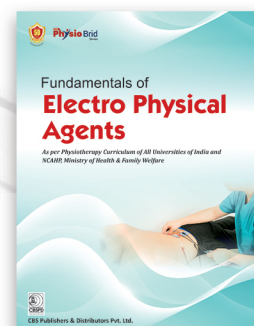
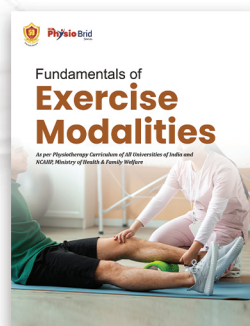
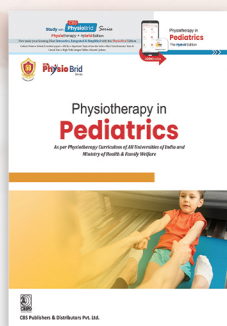
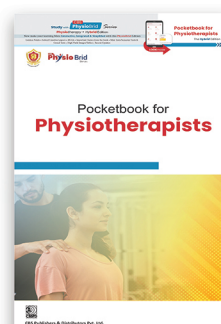
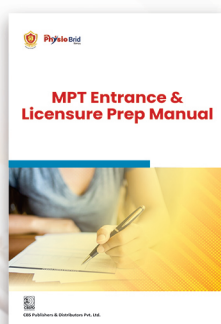
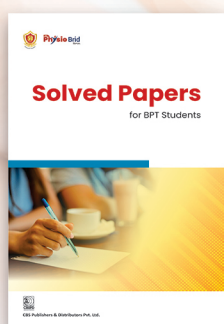
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