Principles of

Exercise Therapy

Exercise therapy is a major component of the therapeutics in physiotherapy. The skills on exercise therapy and their application in treatment of various disorders are quite challenging for physiotherapy professionals. Students enrolled in undergraduate or graduate programmes of physiotherapy need to learn about exercise physiology, clinical exercise physiology, physical therapy, and physical interventions.

This book is designed to cater to the needs of the both students and physiotherapy professionals. It contains the most comprehensive and detailed version of the evidence-based exercises available, as well as information about the exercise physiology and the factors that affect their effectiveness. The eventual aim is for physiotherapy aspirants to develop a deeper understanding of exercise and the physiological mechanisms that underpin and support it. Numerous clinical applications are included, such as exercise tests to determine fitness levels, and information on exercise training to improve overall strength and exercise performance, which will boost reader's self-esteem. Many pictorial illustrations are given to understand the science of exercise. Questions at the end of each chapter will encourage the reader as the learning progresses.

Highlights of the Book

- The book is well illustrated.
- Text is written in an easy to understand language.
- New concepts like position release technique are incorporated.
- Questions given at the end of each chapter encourage the reader to self-evaluate the progress of learning.
- Covers most of the syllabus of exercise therapy.

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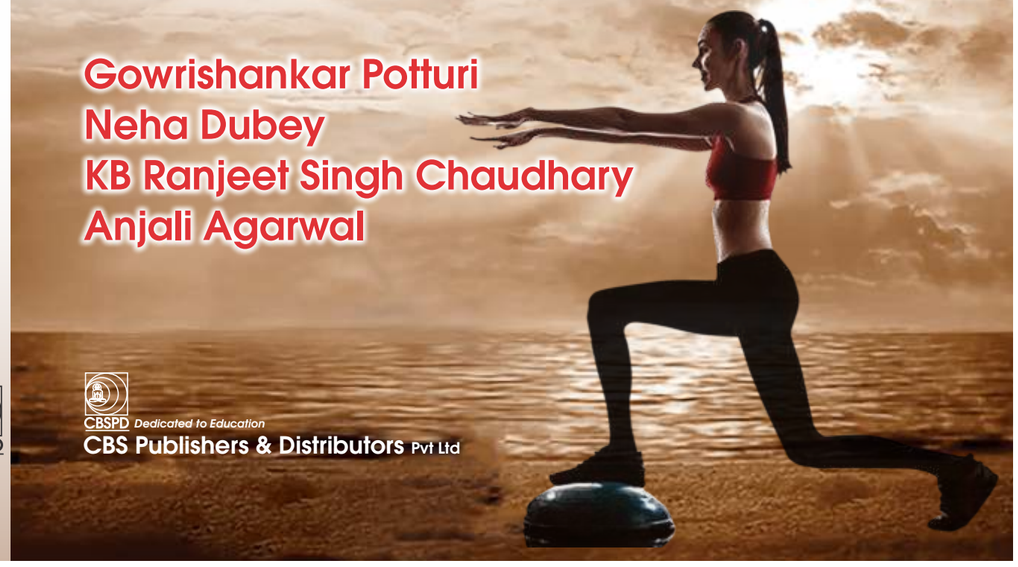

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Preface

Exercise therapy is a major component of the therapeutics in physiotherapy. The skills on exercise therapy and their application in treatment of various disorders are quite challenging for physiotherapy professionals. Students enrolled in undergraduate or graduate programmes of physiotherapy need to learn about exercise physiology, clinical exercise physiology, physical therapy, and physical interventions. *Principles of Exercise Therapy* is designed in a simple way to cater to the needs of the both students and physiotherapy professionals. The book contains the most comprehensive and detailed version of the evidence-based exercises available, as well as information about the exercise physiology and the factors that affect their effectiveness. The eventual aim is for physiotherapy aspirants to develop a deeper understanding of exercise and the physiological mechanisms that underpin and support it. Additionally, numerous clinical applications are included, such as exercise tests to determine fitness levels and information on exercise training to improve overall strength and exercise performance, which will boost reader's self-esteem. The book is an updated version on exercise therapy. Many pictorial illustrations are given to understand the science of exercise. Questions at the end of each chapter shall encourage the reader as the learning progresses. We hope this book will guide you not only to get success in examinations but also in your clinical career.

Last but not the least, care is taken to avoid all the mistakes, but if found any and brought to our notice, will be corrected in the next edition.

We hope you enjoy and gain knowledge and skills going through this book.

Gowrishankar Potturi
Neha Dubey
KB Ranjeet Singh Chaudhary
Anjali Agarwal

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