



Contents

<i>Preface</i>	v
1. Basic Physics and Mechanical Principles in Exercise Therapy	1
2. Exercise Physiology (Effects of Exercises on Various Systems of Our Body)	9
3. Principles of Exercise Prescription	16
4. Muscle–Work–Strength	23
5. Therapeutic Gymnasium	29
6. Fundamental and Derived Positions	39
7. Passive Movements	57
8. Joint Mobilization	71
9. Active Movements	89
10. Manual Muscle Testing	103
11. Measurement of Range of Motion	125
12. Limb Length Measurements	135
13. Functional Reeducation (Mat Activities)	138
14. Position Release Techniques	154
15. Posture	159
16. Proprioceptive Neuromuscular Facilitation	165
17. Relaxation	172
18. Transfer Techniques	177
19. Balance Training	185

20. Coordination	194
21. Aerobic Exercise	201
22. Breathing Exercises and Postural Drainage	212
23. Walking Aids and Gait Training	222
24. Suspension Therapy	232
25. Massage Therapy	237
26. Group and Independent Exercises	253
27. Hydrotherapy and Aquatic Exercises	256
28. Basics of Yoga	263
29. Yoga Pictures	271
<i>Index</i>	275