1. Record Nr. UNINA9910300091203321

Titolo	Exercise and Physical Functioning in Osteoarthritis : Medical, Neuromuscular and Behavioral Perspectives / / edited by Joost Dekker
Pubbl/distr/stampa	New York, NY : , : Springer New York : , : Imprint : Springer, , 2014
ISBN	1-4614-7215-6
Edizione	[1st ed. 2014.]
Descrizione fisica	1 online resource (132 p.)
Collana	SpringerBriefs in Specialty Topics in Behavioral Medicine, , 2197-6686
Disciplina	616.7223
Soggetti	Geriatrics Health psychology Rehabilitation Physiotherapy Rheumatology Geriatrics/Gerontology Health Psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	1. Introduction -- Part I. Osteoarthritis of the knee or hip -- 2. Epidemiology, pathogenesis, and clinical aspects -- 3. Therapeutic options -- Part II. Functional decline -- 4. Risk factors for functional decline -- 5. Neuromuscular mechanisms explaining functional decline -- 6. Behavioral mechanisms explaining functional decline -- Part III. Exercise therapy -- 7.Regular exercise therapy -- 8. Exercise aiming at neuromuscular mechanisms -- 9. Exercise aiming at behavioral mechanisms -- 10. Comorbidity, overweight, and exercise -- 11. Concluding remarks.
Sommario/riassunto	Osteoarthritis (OA) is among the top 10 of most disabling diseases in the Western world. It is the major cause of pain and disability among the elderly. This book provides a contextual review of recent research on neuromuscular factors and behavioral risk factors for functional decline in OA, with a special emphasis on explanatory mechanisms. In addition, the book discusses innovative approaches to exercise and physical activity in OA, derived from research on behavioral and neuromuscular risk factors for functional decline in OA. Recent

research has shown that neuromuscular factors (such as muscle strength, joint laxity) and behavioral factors (such as avoidance of activity, depressed mood) predict pain and disability in OA. Furthermore, exercise and physical activity are among the dominant interventions aiming at reducing pain and disability, and innovative interventions targeting neuromuscular and behavioral interventions have been recently developed. This research has been published as separate papers, with the result that the field is in need of an integrative contextual review that puts the research into theoretical perspective.