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Descrizione fisica	1 online resource (xiii, 250 pages) : illustrations (chiefly color)
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Nota di contenuto	1. Fundamentals of Medical Exercise Therapy -- 2. Areas of Medical Exercise Therapy -- 3. Age-Related and Disease-Associated Changes in Organ Systems -- 4. Process of Assessment -- 5. Orthopedic-Surgical Area-Specific and Disease-Associated Test Procedures and Medical Exercise Therapy -- 6. Disease-Associated Test Procedures and Medical Exercise Therapy for Internal Diseases -- 7. Influencing Factors of Medical Exercise Therapy.
Sommario/riassunto	This scientifically grounded and comprehensive practical book details all aspects of medical exercise therapy. It combines theoretical foundations, proven training methods, and their implementation in evidence-based practice, supplemented by concise summaries. From head to toe, all body areas are covered, including various body systems and their clinical pictures. With this book, you will learn to create

tailored training plans and competently advise your patients in physiotherapy or sports therapy on topics such as nutrition, supplements, sleep, and mental training. Contents Anatomical and physiological foundations Areas of medical exercise therapy such as strength endurance, maximal strength, speed strength, explosive strength, reactive strength, endurance, proprioception, and flexibility Age-related and disease-associated changes and their influences on training planning Assessment, training, and influencing factors such as mental status and muscle memory effect, and much more Clinical pictures of the nervous system, such as Parkinson's disease and multiple sclerosis Training after COVID-19, for migraines, dementia, and coronary heart disease. The Authors Sandro Wolfram, M.Sc. Musculoskeletal Physiotherapist, Manual Therapist, Sports Physiotherapist. Founder and CEO of Medplattform® ([www.medplattform.com](http://www.medplattform.com)). As a lecturer, he teaches students and professionals in health professions throughout the German-speaking region. Robin Bauer, Physiotherapist B.Sc., Manual Therapist, Sports Physiotherapist, and Sectoral alternative practitioner in physiotherapy. Founder and CEO of Medplattform® ([www.medplattform.com](http://www.medplattform.com)). As a lecturer in the medical-therapeutic sector, he trains therapists, leads continuing education courses, and practices with patients and in professional sports. The translation was done with the help of artificial intelligence. A subsequent human revision was done primarily in terms of content. This book is a translation of an original German edition. The translation was done with the help of artificial intelligence (machine translation by the service DeepL.com). A subsequent human revision was done primarily in terms of content, so that the book will read stylistically differently from a conventional translation.

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