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The American Physical Therapy Association Book of Body Maintenance and Repair

By Steve Vickery, Marilyn Moffat



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The new standard in fitness books, featuring hundreds of at-home stretches and exercises. At last, the first complete, fully illustrated compendium of stretching and exercises for every part of the body, backed by the experience and medical and scientific authority of the American Physical Therapy Association. Each exercise in the book has been prepared and reviewed by a special editorial board, chaired by Dr. Marilyn Moffat, president emeritus of the APTA, and widely considered to be the preeminent expert in the field.

Broken down into three major sections, *The American Physical Therapy Association Book of Body Repair and Maintenance* first offers illustrated descriptions of the structure and mechanics of each major body part, explaining what can go wrong and how to properly care for that area. A middle section provides general information on posture, body mechanics, weight control, aerobic conditioning, and maintenance programs. Each chapter references the main part of the book, the catalog of exercises.



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The American Physical Therapy Association Book of Body Maintenance and Repair By Steve Vickery, Marilyn Moffat **Bibliography**

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Editorial Review

Amazon.com Review

Whether you've been injured or want to avoid injury, the *American Physical Therapy Association Book of Body Repair and Maintenance* can help you. Part 1 is the first place to go if you've been hurt. It presents nine common injury sites--back, neck, jaw, shoulder, elbow, wrist and hand, hip, knee, and ankle and foot--describing the anatomy and function of that area of the body, what can go wrong, and what to do if you experience pain or injury there. Part 2 explains how to avoid injury through proper posture, gait, body mechanics (how we use our bodies in daily activities), body weight, and footwear. You also get a program of beginning strength training and stretching, plus tips for avoiding injuries in sports, exercise activities, and in the workplace. Part 3 presents 200 clearly illustrated exercises for strength (beginning level) and flexibility that can be done at home. Some require dumbbells or ankle weights; most need no equipment. Many are done seated or lying down, so even if you haven't fully recovered, you can start to rehabilitate those areas that are ready. The illustrations are line drawings, large enough so that you can learn the exercises easily with the book open on the floor. This book is practical and helpful--don't wait until you get hurt to read it. --
Joan Price

From [Booklist](#)

An excellent fitness guide from the American Physical Therapy Association presents solid information on anatomy, physiology, injury, and exercise. Arranged by body part (back, neck, jaw, knee, hip, etc.), its first section discusses function, explains "what can go wrong," and offers simple tips for correcting and alleviating common problems, such as joint stiffness, muscle pulls, job-related strains and pains, and other common ailments. Sidebars direct readers to appropriate stretching exercises. The final section includes illustrated two-and three-step instructions for simple stretching, strength, and flexibility exercises. Chapters detailing correct posture, proper walking gait, optimum body weight, athletic shoes, and body mechanics also appear in this top-notch, well-written manual aimed at those older than 30. *Sue-Ellen Beauregard*

From Kirkus Reviews

From the profession that sets the standards for injury prevention and rehabilitation, a well-laid-out, thorough guide to avoiding musculoskeletal injury and diagnosing and treating it when it does occur. Physical therapist Moffat (president emeritus of the APTA) and co-author Vickery's emphasis is on the casual athlete over 30 years of age: "as midlife approaches, the aging process and increasing inactivity can transform many every day activities into minefields of potential aches, pains and injuries" (and serious athletes work at a higher level intensity than is addressed here). Looking at the bones, joints, muscles, tendons, ligaments, and related structures, the authors first cover nine body areas most often affected: back, neck, jaw, shoulder, elbow, wrist/hand, hip, knee, and ankle/foot. For each, there is instruction on preventing injury, diagnosis of problems (from mild soreness through strain, sprain, and worse), what self-help measures to take, and when to go for professional help. In part two, the authors cover muscle, tendon, and ligament fitness and injury prevention in general, especially the importance of incorporating the three elements of fitness--strength, flexibility and endurance--into any exercise endeavor. Finally, part three offers a comprehensive menu of specific exercises from which readers can design a regimen that meets their needs. The language is easily understandable, and readers are put straight on many commonly misused terms (for instance, whiplash). The same ground as Feldman, then (see p. TKTK), with more extensive background information and a more serious tone. (500 line drawings) -- Copyright ©1999, Kirkus Associates, LP. All rights reserved.

Users Review

From reader reviews:

Gregory Jones:

Hey guys, do you really want to find a new book you just read? Maybe the book with the concept The American Physical Therapy Association Book of Body Maintenance and Repair suitable to you? The particular book was written by well-known writer in this era. The actual book entitled The American Physical Therapy Association Book of Body Maintenance and Repair is the main of several books in which everyone read now. This specific book was inspired many men and women in the world. When you read this book you will enter the new shape that you ever know ahead of. The author explained their concept in the simple way, consequently all of people can easily comprehend the core of this e-book. This book will give you a lot of information about this world now. So that you can see the represented of the world within this book.

Alma Miranda:

Playing with family in a very park, coming to see the water world or hanging out with good friends is thing that usually you will have done when you have spare time, then why you don't try matter that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love The American Physical Therapy Association Book of Body Maintenance and Repair, you are able to enjoy both. It is fine combination right, you still desire to miss it? What kind of hang-out type is it? Oh can happen its mind hangout men. What? Still don't understand it, oh come on its called reading friends.

Patsy Kuster:

The American Physical Therapy Association Book of Body Maintenance and Repair can be one of your beginner books that are good idea. We recommend that straight away because this book has good vocabulary that may increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to place every word into satisfaction arrangement in writing The American Physical Therapy Association Book of Body Maintenance and Repair yet doesn't forget the main position, giving the reader the hottest and based confirm resource details that maybe you can be one of it. This great information can easily drawn you into fresh stage of crucial pondering.

Alice Edwards:

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