



TECNICAS DE REHABILITACION EN MEDICINA DEPORTIVA (Carton) (Spanish Edition)

By William E.. Prentice



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El libro, que se divide en cuatro partes, aborda, en la primera, los aspectos basicos del tratamiento de rehabilitacion. A continuacion, en la segunda parte trata la consecucion de los objetivos de la rehabilitacion: restablecimiento del control neuromuscular y del grado de movilidad y mejora de la flexibilidad, recuperacion de la fuerza, resistencia y potencia muscular, recuperacion de la estabilidad y el equilibrio ortostatico y mantenimiento de la forma fisica cardiorrespiratoria durante la rehabilitacion. Luego, la tercera parte se centra en las herramientas primarias de la rehabilitacion: entrenamiento de la estabilizacion del hombro, ejercicios pliometricos, ejercicio en cadena cinetica abierta y cerrada, ejercicio isocinetico, tecnicas de traccion y movilizacion articulares, facilitacion neuromuscular propioceptiva y otras tecnicas de movilizacion de los tejidos blandos, terapia acuatica y pruebas y avances funcionales. Por ultimo, en la cuarta parte se trata en detalle las tecnicas especificas de rehabilitacion que se emplean en el tratamiento de variedad de lesiones.



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