



Proven Therapeutic Exercise Techniques: Best Practices for Therapists and Trainers

R. Eric Oestmann

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Health care professionals, especially physical therapists, physical therapy assistants, and athletic trainers, are under constant financially-based pressures to provide the most effective treatment in the most efficient time frame. Only those exercises that are researched and clinically proven to be effective and efficient are presented. Divided into four major sections, each section contains informative chapters on the major joints including specific exercises and pictures that give a variety of applicable diagnosis. Part I examines the general therapeutic exercise considerations and summarizes the therapeutic exercise application pearls. Part II presents proven therapeutic exercise techniques for the upper extremity and Part III provides therapeutic techniques for the lower extremity. Part IV examines the proven techniques for the spine, focusing on the cervical, thoracic, lumbar, and sacral-iliac. Part V considers the proven techniques for osteoarthritis, rheumatoid arthritis, vestibular rehabilitation, osteoporosis, pregnancy, and temporal mandibular joint dysfunction (TMJ). Part VI explains proven joint mobilization concerning the upper and lower extremity, and the spine. Part VII covers the proven massage technique. The author has combined the past twenty years of research based on therapeutic exercise with over eight years of clinical-based practice, reflecting the diversity of approaches within the field.

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