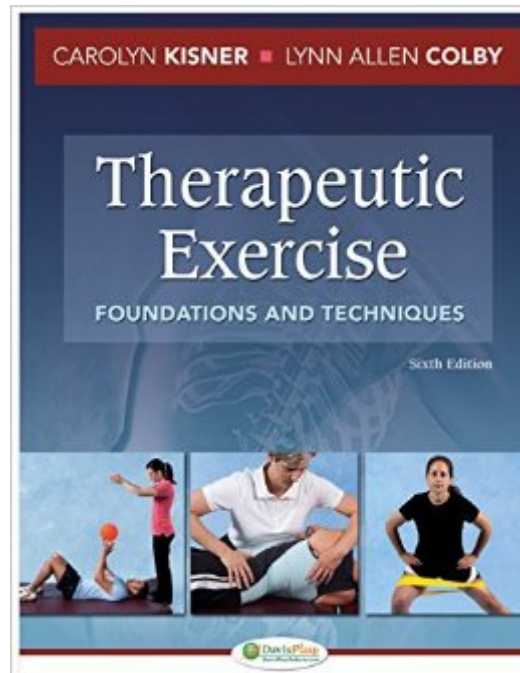


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# Therapeutic Exercise: Foundations And Techniques, 6th Edition



## Synopsis

Thoroughly revised and updated throughout, Kisner & Colby's 6th Edition offers the most up-to-date exercise guidelines for individualizing interventions for those with movement disorders. Now with contributions from the leading experts in the field, it encompasses all of the principles of therapeutic exercise and manual therapy, including spinal surgery and spinal manipulation. This renowned manual remains the authoritative source for exercise instruction for the therapist and for patient self-management. Plus, you'll have access to Kisner and Colby's Therapeutic Exercise Video Library online at DavisPlus, featuring over 30 NEW full-color video clips—94 in all—demonstrating basic therapeutic exercises and techniques.

## Book Information

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## Customer Reviews

I like two things about this book. The first is that it is very thorough and complete. Exercises, both stretching and strengthening, are included for basically every major muscle group or extremity motion. Furthermore, the book is divided up well enough that you can find what you're looking for fast. Secondly, I like the fact that this book is evidence-based, meaning that it backs up what it suggests with references from the scientific literature. In fact, it's so good that it can be a great place to start a literature search from. Know too that this book is mainly written for people who have some medical background of sorts, so if you're just an average reader looking for some workout exercises, this probably isn't your book. Rather, I feel like the book is better suited for athletic trainers, personal trainers, occupational therapists, chiropractors, physical therapists, exercise

physiologists, massage therapists, and so on. Practitioners looking for more info on the shoulder might also want to check out *“Treat Your Own Rotator Cuff”* for more detailed ex’s on rotator cuff tear prevention and rehabilitation.

The information in this textbook is great, but I feel like it’s scattered willy-nilly around the book. I pretty much utilize the index as my table of context. I find this text frustrating to use, and more time consuming than some of the information is worth. I don’t know what this new edition accomplished but it wasn’t organization or making it reader friendly!

This is a really hard book to get through. The material is NOT difficult, but this book seems to present in the most difficult way possible. The chapters are not well organized, the language is not easy to get through, and there are better texts on the subject.

This book has a wealth of information on various exercises and modifications to exercises that are useful to PT’s, PTA’s or even personal trainers. I especially love the fact that it is divided into the different body parts and then further into the various muscle groups within the larger parts. It offers great information on the contraindicated movements based on types of injuries, surgeries, etc and that makes it a helpful tool for working with patients and clients alike.

Having used this book as part of my PT degree, I found this book very poorly organized. There are far too many headings and subheadings to keep track of what section you are in. While there is valuable information within the textbook, the excessive amount and types of headings resulted in my having to go back and forth in each chapter to make sure I knew how the information I was reading was fitting in with the rest of the text. Also, to reference concept in one chapter that is covered in depth in another chapter, the authors just cite, in parentheses, the relevant chapter number. However, their chapters are long, and certain concepts/key words hard to find (even using the Index). It would be helpful to provide a page number instead, so that the reader can go directly to the section of the chapter that covers the aspect of the concept they are referring to.

Therapeutic Exercise is extremely well organized by Body System. Each chapter provides a well summarized review of related Anatomy linked to how structures work in movement patterns. Then it tops it all off with excellent detailed clinician oriented exercises geared to optimal rehab. from injury. Well worth your investment!

This edition was more user friendly than the 5th edition. I like the colored pictures and better lists of indications and contraindications. Studying is a little easier on me with this edition.

This book was delivered and maintained in great condition and in the expected time frame for delivery. As a Physical Therapy student, this book provides information on some of the basics that are vital to patient management in this profession. It is presented and organized in a highly effective way that is easy to follow and allows the reader a clear understanding of the materials. It provides a comprehensive look at what physical therapists should consider when they are applying the knowledge of therapeutic exercise and its techniques to their patient population. Not only is the informational quality of this text great, the physical qualities of the book are top notch. This book lasted as I used it all semester, carrying it back and forth to class, and using it often for studying and lab and case study reference. The text size overall was great for long-term reading as the reader does not have to struggle to read the text. The images, charts and graphs provide good context to help further understand the information and reading. They were organized well and made clear, both making them easy to follow and an additional study asset. The color scheme and look of the text was one that was easy for the eyes to handle and was not colors that added any stress to an already stressful situation or any stress to the eyes. Overall these things allowed this book to be better and better presented than many other texts that I have had in the past.

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