

ACE'S PRACTICAL GUIDE TO FUNCTIONAL ANATOMY

ACE's *Practical Guide to Functional Anatomy*, created specifically for personal trainers and group fitness instructors, lays the foundation for understanding how anatomy affects movement. Hands-on learning examples allow the viewers to apply what they learn to their own bodies. Featuring two separate videos (one that addresses upper-body anatomy and another that reviews lower-body and trunk anatomy), the DVD also covers the basic vocabulary of anatomy, describing gross anatomical structures that are essential knowledge for all fitness professionals. Each muscle description is followed by examples of effective exercises, enabling viewers to apply their knowledge of anatomy in a practical way.



Sabrina Newton, M.S., has been actively involved in the fitness industry since 1987. She has taught group exercise, owned and operated her own personal training business, managed fitness departments in commercial fitness facilities, and lectured to university students and established fitness professionals. She has a bachelor's degree in exercise science, as well as a master's degree in physical education, from the University of Kansas, and has numerous certifications in exercise instruction. Newton also educates other fitness professionals about current industry topics of interest through speaking engagements at local establishments and national conferences.

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Applied Pathophysiology for the Advanced Practice Nurse Lucie Dlugasch,Lachel Story,2023-03-16 Applied Pathophysiology for the Advanced Practice Nurse Second Edition is a comprehensive resource that serves as a bridge between clinical experience and the advanced knowledge necessary for the role of an APRN It helps graduate students navigate the data and presentation of symptoms that must be considered when making a diagnosis and recommendation for treatment This unique text includes expanded pathophysiology content across the life span and information to meet the needs of many advanced practice population areas including pediatrics psychiatric mental health and gerontology It also incorporates information from both an acute and primary care focus Practical Guide to Geriatric Medicine Ranjit N. Ratnaike,2002 This book is a comprehensive guide to a range of medical conditions and pertinent topics to improve the quality of life of older people The book adopts a practical systematic approach with easy access to medical and other problems of importance to the elderly **The BioMechanics Method for Corrective Exercise** Justin Price,2025-06-02 This book is written for fitness professionals for the purpose of teaching you how to address common musculoskeletal imbalances through the use of corrective exercise The book explains concepts in an easy to follow manner using jargon free language The content is delivered as a step by step process containing real world examples and case studies so that the reader can understand and easily implement these strategies when working with actual clients **Hand Function** Mehmet Tuncay Duruöz,2014-03-29 Accurate assessment of hand function is critical to any treatment regimen of the hand compromised patient Hand Function is a practical clinical book which provides the knowledge needed to distinguish the different dimensions of hand function particularly impairment disability and handicap Beginning with an overview of basic principles and examination subsequent chapters evaluate the hand function in specific afflicted populations including the rheumatoid patient the stroke patient the trauma patient the geriatric patient and the pediatric patient as well as special populations such as diabetes mellitus patients and musicians An appendix containing hand function scales essential to the assessment of disability is also included Rheumatologists physiatrists hand surgeons orthopedists occupational therapists and physical therapists will all find Hand Function a useful and valuable addition to their clinical references **The BioMechanics Method for Corrective Exercise** Price, Justin,2019 The BioMechanics Method for Corrective Exercise enables health and fitness professionals to identify common musculoskeletal imbalances in their clients and apply appropriate corrective exercises to swiftly eliminate muscle and joint pain and improve physical function Practical Guide to the Care of the Medical Patient Fred F. Ferri,2007 Now updated this practical portable resource zeroes right in on the differential diagnoses clinical findings lab values and treatment guidelines needed to diagnose and manage more than 225 disorders signs and symptoms It also offers access to the full text online plus free PDA software **Quick Reference Dictionary for Occupational Therapy** Karen Jacobs,Laela Simon,2024-06-01 A leading resource for occupational therapy

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Handbook to the Guide to the Evaluation of Educational Experiences in the Armed Services ,1994

Davidson's Principles and Practice of Medicine E-Book Stuart H. Ralston, Ian D Penman, Mark W J Strachan, Richard Hobson, 2018-02-02 More than two million medical students doctors and other health professionals around the globe have owned a copy of Davidson's Principles and Practice of Medicine since it was first published Now in its 23rd Edition this textbook describes the pathophysiology and clinical features of the most frequently encountered conditions in the major specialties of adult medicine and explains how to recognise investigate diagnose and manage them Taking its origins from Sir Stanley Davidson's much admired lecture notes Davidson's has endured because it keeps pace with how modern medicine is taught and provides a wealth of information in an easy to read concise and beautifully illustrated format This book will serve readers everywhere as a core text that integrates medical science with clinical medicine conveying key knowledge and practical advice in a highly accessible and readable format The opening section describes the fundamentals of genetics immunology infectious diseases and population health and discusses the core principles of clinical decision making and good prescribing A new second section on emergency and critical care medicine encompasses poisoning envenomation and environmental medicine and introduces a new chapter on acute medicine and critical illness The third section covers the major medical specialties each thoroughly revised and brought fully up to date Two new chapters on maternal and adolescent transition medicine complement the one on ageing and disease A new chapter on medical ophthalmology has been included Clinical Examination overviews summarise the main elements for each system and now feature in the biochemistry nutrition and dermatology chapters Presenting Problems sections provide a clear pathway for the assessment of and approach to the most common complaints in each specialty Practice Point summaries detail the practical skills that medical students and

junior doctors must acquire Emergency boxes emphasise the core knowledge needed to manage acutely ill patients In Old Age In Pregnancy and In Adolescence boxes highlight differences in the practice of medicine in these patient groups and illustrate the interfaces between medical obstetric and paediatric services The text is extensively illustrated with over 1000 diagrams clinical photographs and radiology and pathology images The global perspective is enhanced by an International Advisory Board of experts from 17 countries and by authors from around the world **British Medical Journal** ,1894

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