

Athletic Ability And The Anatomy Of Motion 3e

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Exam Content Outline

1. Exercise-related anatomy, physiology, and biomechanics (e.g., major muscle groups, joint actions, cardiorespiratory response) 2. Nutrition and weight-management principles and guidelines (e.g., energy and hydration requirements) 3. Established norms and guidelines for interpreting client health history, risk factor, and other assessment data 4.

Rehabilitation Guidelines for Lateral Ankle Reconstruction

ability for these muscles to react quickly ... long-term inversion/eversion motion or strength. For revision surgeries or in the Figure 1 Intraosseus Membrane Fibula PTFL CFL ... and the physical therapist/athletic trainer These rehabilitation guidelines were developed collaboratively by Marc Sherry, PT, DPT, LAT, CSCS, PES (msherry@uwhealth ...

Rehabilitation Guidelines for Patellar Tendon and ...

physical therapist or athletic trainer. Surgical repair is usually necessary to obtain the optimal outcome for large, partial tears and complete ruptures. Most often the torn tendon is re-attached to the knee cap by passing the tendon through drill holes in the knee cap for fixation. In some cases graft tissue may be added to the repair to obtain