



Exercise Therapy: Prevention and Treatment of Disease

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Though exercise has been the mainstay of musculoskeletal physiotherapy for decades, its value in other systems of the body, such as cardiovascular, respiratory and neurological has emerged in recent years. This trend is being increasingly reflected in degree curricula.

This novel textbook is designed predominantly for physiotherapists and offers a dynamic insight into the applications of exercise therapy across the body's systems in disease management and health promotion.

The focus on exercise as a crucial modality in preventing and treating disease will attract readers following courses in sport & exercise science and physical activity as well as physiotherapy. The book will also appeal to practitioners, particularly those pursuing post-qualification courses in rehabilitation.

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