

Kinesiology Oatis 2nd Edition

Knife in the Fast Lane charts the history of care for sportspeople from the expert view of a doctor and orthopaedic surgeon with over 40 years' experience. Bill Ribbans gives you the inside track on the life of a surgeon operating on some of sport's biggest names. From looking after world champions from eight different sports and Olympians with 27 medals between them, to having his actions scrutinised by millions at Twickenham, Bill's experiences are interwoven with fascinating, surprising and controversial subjects from the annals of sports medicine. The book explores the legal minefields and ethical dilemmas faced by medics in sport. It deals with current issues like concussion, depression, drug-taking and the dangers of sporting academies. It also asks whether the enormous resources poured into elite medical care have really reduced harm to athletes or made them so fit, fast and strong that it threatens their long-term health.

This complete, full-color atlas of bones and joints contains over 700 illustrations and explains how muscles function as movers, antagonists, and stabilizers so readers will truly understand how muscles function in the human body. It includes the bones, landmarks, and joints, as well as an introduction to the basics of how muscles function (beginning kinesiology). It also provides clinical applications related to the kinesiology concepts presented and includes an explanation of anatomical and physiological terminology that is needed for work in the musculoskeletal field. Finally, this book covers microanatomy and microphysiology, such as the sliding filament theory and the structure and function of fascia. Clinical applications throughout the text, as they relate to the kinesiology concepts covered, enable students to

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apply the knowledge learned in the classroom to clinical practice. Over 100 full-color photographs of every bone in the human body gives readers comprehensive coverage of bones not found in other kinesiology books. Clear, full-color line drawings that highlight each topic in the overview of the human body, joints of the human body, and muscle function parts. Thorough coverage of joints in six chapters that provide information on structure, function, terminology, and specific illustrations on each joint in the human body: joints of the axial body, joints of the upper extremity, and joints of the lower extremity. Includes an explanation of anatomical and physiological terminology that is needed for work in the musculoskeletal field. Orthopaedic surgeons require not only an understanding of anatomy and clinical sciences, and competence in surgical skills, but also a strong foundation in biomechanics. The application of biomechanics plays an increasing role in modern orthopaedics; for example, correct decisions about the mode of treatment and choice of implants are just as important as operating precisely to reach a specific anatomical landmark. This book simplifies the core principles in orthopaedic biomechanics, giving readers the solid grounding they need to flourish in the specialty. Each topic is covered in a discrete, double-page spread, featuring concise text accompanied by illustrations or tables to give readers a solid understanding of the concepts discussed. This is a must-read guide for orthopaedic trainees at every level, and will be valuable for biomechanical researchers and other professionals in the field.

The goal of *Motor Learning and Control: From Theory to Practice* is to introduce students to the dynamic field of motor learning and control in ways that are meaningful, accessible, and thought-provoking. This text offers a comprehensive and contemporary overview of the major areas of study in motor learning and control using several different perspectives applied to

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scholarly study and research in the field. Presenting the most current theories applied to the study and understanding of motor skills, this text is filled with practical examples and interactive applications to help students prepare for careers in movement-related fields.

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Bone Pathology is the second edition of the book, A Compendium of Skeletal Pathology that published 10 years ago. Similar to the prior edition, this book complements standard pathology texts and blends new but relatively established information on the molecular biology of the bone. Serving as a bench-side companion to the surgical pathologist, this new edition reflects new advances in our understanding of the molecular biology of bone. New chapters on soft-tissue sarcomas and soft-tissue tumors have been added as well as several additional chapters such as Soft-tissue pathology and Biomechanics. The volume is written by experts who are established in the field of musculoskeletal diseases. Bone Pathology is a combined effort from authors of different specialties including surgeons, pathologists, radiologists and basic scientists all of whom have in common an interest in bone diseases. It will be of great value to surgical pathology residents as well as practicing pathologists, skeletal radiologists, orthopedic surgeons and medical students.

Completely revised and updated, this edition presents the principles and methodology of assessing both joint range of motion (ROM)/goniometry and manual muscle strength for the head, neck, trunk, and extremities. Each chapter is devoted to a separate anatomical region and provides knowledge of pertinent surface anatomy and deep anatomy. Excellent photography and illustrations enhance comprehension of techniques and serve as a self-

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learning tool. New to this edition: New vertical format; second-color added to line art; 200 new photographs; detailed coverage of ROM and muscle length assessment and measurement for each body region; comprehensive coverage of end feels for each joint motion; and chapter relating assessment methods to treatment techniques and activities of daily living. A useful resource for assessment and treatment!

Kinesiology is the study of human and nonhuman animal-body movements, performance, and function by applying the sciences of biomechanics, anatomy, physiology, psychology, and neuroscience. This book is a guide to human kinesiology for physiotherapists. Divided into three sections, the text begins with an introduction to the field, anatomical and physiological fundamentals of human motion, and biomechanics. The following section covers joint and muscle movement in different regions of the body, from shoulder, elbow, hand and wrist, to pelvis, hip, knee, ankle and foot, and spine. The final chapters discuss posture and movement and the application of kinesiology to daily life activities, sports skills and prevention of sports injuries. The comprehensive text is further enhanced by clinical photographs, illustrations and tables. Key points Comprehensive guide to human kinesiology for physiotherapists Provides clear understanding of anatomy, physiology and biomechanics Covers joint and muscle movement in all regions of the body Discusses application of kinesiology to daily life activities, sports and prevention of injuries

ACSM's Resources for the Personal Trainer provides a broad introduction to the field of personal training, covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM Personal Training Certification Exam. It continues to serve that function, but the market for it has expanded to practitioners in the field

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looking for an additional resource, as well as in an academic setting where the book is a core text for personal training programs.

Specifically designed to address the expanding role of physical therapists in primary care, *Primary Care for the Physical Therapist: Examination and Triage, 3rd Edition* covers all the information and skills you need to be successful in the field. Updated content throughout the text helps you stay up to date on the best practices involving patient examination, medical screening, patient management, and communication. This new third edition also features a new chapter on electrodiagnostic testing, a new chapter on patients with a history of trauma, and updated information on how to screen and examine the healthy population. It's a must-have resource for any physical therapist wanting to obtain the technical expertise and clinical decision-making abilities to meet the challenges of a changing profession. Tailored content reflects the specific needs of physical therapists in primary care. Emphasis on communication skills underscores this essential aspect of quality patient care. Overview of the physical examination is provided in the text to ground therapists in the basis for differential diagnosis and recognizing conditions. NEW! Updated content throughout the text reflects the current state of primary care and physical therapy practice. NEW! New chapter on electrodiagnostic testing helps familiarize physical therapists with indications for electrodiagnostic testing and implications of test results to their clinical decision-making. NEW! New chapter on patients with a history of trauma emphasizes the red flags that physical therapists need to recognize for timely patient referral for appropriate tests. NEW! Updated information on how to screen and examine the healthy population enhances understanding of the foundations of practice and the role that physical therapists can fill in primary care models.

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Karen Clippinger's first edition of *Dance Anatomy and Kinesiology* was hailed as the definitive text on the topic. This new edition builds on that success by retaining its scientific perspective while making the material more accessible to students and teachers. What's New?

- A suite of online instructor and student ancillaries to support the text
- An improved organization that will help teachers better cover the content in their courses
- A reduction of the scientific depth to produce a more reader-friendly book that focuses on the musculoskeletal anatomy and kinesiology that dancers need to know
- Graphics, photos, and anatomical illustrations that demonstrate muscle movements and technique considerations and set the book apart from others in its field

Primary Focus While much is new in this second edition, Clippinger retains her emphasis on presenting the anatomical and kinesiological material that is essential for dancers to understand. The text includes descriptions of joint structure, key muscles, common alignment problems, select joint mechanics, and movement analysis and includes sample strength and flexibility exercises for each region of the body. Accessible to a Wider Audience Clippinger has made this second edition more engaging to a wider audience and narrowed the scope of the material so it can be more readily covered in a single undergraduate course. And while many of the text examples are dance-specific, its applied nature and its many illustrations make it a great reference for Pilates, yoga, and fitness instructors as well as dance educators and dedicated dancers.

New Ancillaries

- An instructor guide featuring a sample syllabus and course outline, chapter outlines, lab assignments, answers to review questions, and sample tests
- A presentation package providing slides with text and graphics that reinforce key points
- A student web resource including assignments, outlines, study sheets, and 20 video clips that demonstrate technique and correction guidelines

This new edition will give teachers a

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clearer picture of the anatomical and kinesiological factors that aid in generating technique cues and identifying technique problems. It will provide dancers with a better understanding of overcoming technique challenges and preventing injuries. Its solid grounding in the sciences, along with the art and accessible text, will help teachers become more effective and empower dancers to realize their potential and artistic vision. Quotes The first edition of Dance Anatomy and Kinesiology was hailed by reviewers as “most likely to become the definitive text in dance anatomy, kinesiology, and conditioning classes” (Journal of Dance Medicine and Science); “a must for any dance teacher who is serious about helping their students” (Australia Dance Teacher Magazine); and “the most substantive dance science resource to date” (Journal of Dance Education).

With the use of dynamic visuals and kinesthetic exercises, Functional Anatomy, Revised and Updated Version helps readers to explore and understand the body's structures, regions, layer of the body, from bones to ligaments to superficial and deep muscles. Muscle profiles indicate origin, insertion, and innervation points while step-by-step instructions teach effective bone and muscle palpation.

This is a comprehensive textbook on kinesiology, the study of movement. Chapters are organized by body region, and each includes a review of functional anatomy and biomechanics, with application and discussion of locomotion and pathokinesiology.

This comprehensive, fully referenced text aims to provide a foundation statement on energetic kinesiology in order to bring greater coherence to both its theory and practice.

Instrumented gait analysis systems offer objective evaluation of the effectiveness of the various rehabilitation treatments that are aimed at improving gait disabilities. There are four

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sections in this report: clinical observation; review of the instrumental gait analysis systems; the value of information resulting from instrumented gait analysis from the perspective of a psychiatrist, an orthopedic surgeon, & a physical therapist; & discussion of future trends for gait laboratories. The authors are experts from multiple rehabilitation specialties to give you an understanding of how gait analysis can be used to evaluate a person's walking abilities to maximize function & maintain or improve quality of life. Illustrations.

The importance of measurements for the proper assessment of human locomotion is increasingly being recognized. The fields of application encompass both healthy and pathological locomotion as encountered in rehabilitation medicine, orthopedics, kinesiology, sports medicine, and the like. Measurement of Human Locomotion provides an up-to-date description of the instrument systems used for measurement of: kinematics of human movement; kinetic quantities experienced by the human body in contact with the ground; and, myoelectric changes associated with locomotor activity. Physical principles behind the operation of various measurement systems are emphasized, as well as signal processing issues that must be addressed in order to obtain and use quantitative measurement variables in biomechanics. The book explains how measurement data are acquired, processed and presented to the user in the environment of a modern, computer-based laboratory. The ultimate aim is to

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contribute to the processes of the diagnosis and treatment of locomotion disorders. The purpose of Measurement of Human Locomotion is to provide a concise but comprehensive presentation of the systems used for the measurement of human locomotion, with a view to the assessment and diagnosis of the phenomenon.

Drug therapy is an increasingly important element in the treatment of patients, and understanding how a drug works is essential for all nurses. Illustrated Pharmacology for Nurses is a fully comprehensive and beautifully illustrated textbook covering both the basic principles and the clinical aspects of pharmacology. The book provides clear and simple explanations of the way drugs act, looking at their effects and their use in a range of situations. Combining the basic and clinical aspects of pharmacology in one concise volume, it is an invaluable learning tool for nursing, biomedical and clinical science students.

Large corporations like IBM and Oracle are using Excel dashboards and reports as a Business Intelligence tool, and many other smaller businesses are looking to these tools in order to cut costs for budgetary reasons. An effective analyst not only has to have the technical skills to use Excel in a productive manner but must be able to synthesize data into a story, and then present that story in the most

impactful way. Microsoft shows its recognition of this with Excel. In Excel, there is a major focus on business intelligence and visualization. *Data Visualization with Excel Dashboards and Reports* fills the gap between handling data and synthesizing data into meaningful reports. This title will show readers how to think about their data in ways other than columns and rows. Most Excel books do a nice job discussing the individual functions and tools that can be used to create an "Excel Report". Titles on Excel charts, Excel pivot tables, and other books that focus on "Tips and Tricks" are useful in their own right; however they don't hit the mark for most data analysts. The primary reason these titles miss the mark is they are too focused on the mechanical aspects of building a chart, creating a pivot table, or other functionality. They don't offer these topics in the broader picture by showing how to present and report data in the most effective way. What are the most meaningful ways to show trending? How do you show relationships in data? When is showing variances more valuable than showing actual data values? How do you deal with outliers? How do you bucket data in the most meaningful way? How do you show impossible amounts of data without inundating your audience? In *Data Visualization with Excel Reports and Dashboards*, readers will get answers to all of these questions. Part technical manual, part analytical guidebook; this title will help Excel users go from reporting

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data with simple tables full of dull numbers, to creating hi-impact reports and dashboards that will wow management both visually and substantively. This book offers a comprehensive review of a wide array of technical and analytical concepts that will help users create meaningful reports and dashboards. After reading this book, the reader will be able to: Analyze large amounts of data and report their data in a meaningful way Get better visibility into data from different perspectives Quickly slice data into various views on the fly Automate redundant reporting and analyses Create impressive dashboards and What-If analyses Understand the fundamentals of effective visualization Visualize performance comparisons Visualize changes and trends over time

This book describes and evaluates techniques and devices used in shoulder arthroplasty with a view to enabling readers to improve their surgical practice. After an opening section on basic knowledge, including surgical anatomy, key issues in total shoulder arthroplasty and reverse total shoulder arthroplasty (RTSA) are considered in detail. Among the topics covered are biomechanics, cemented versus cementless humeral fixation, the comparative merits of humeral components featuring short stem and stemless designs and of pegged and keeled glenoid components, the influence of humeral inclination in RTSA, and the avoidance and management of unstable RTSA. An entire section is then devoted

to the description and illustration of valuable surgical tips and tricks. Arthroplasty for acute proximal humerus fractures is considered separately, again addressing important aspects of technique and current controversies. The book is an outcome of a workshop held by the international Shoulder Club, formed at Hacettepe University in Ankara in 2015 with the aim of bringing together leading authorities in the field and young orthopedic surgeons and students from across the world in order to disseminate expertise and exchange ideas.

Introductory Biomechanics is a new, integrated text written specifically for engineering students. It provides a broad overview of this important branch of the rapidly growing field of bioengineering. A wide selection of topics is presented, ranging from the mechanics of single cells to the dynamics of human movement. No prior biological knowledge is assumed and in each chapter, the relevant anatomy and physiology are first described. The biological system is then analyzed from a mechanical viewpoint by reducing it to its essential elements, using the laws of mechanics and then tying mechanical insights back to biological function. This integrated approach provides students with a deeper understanding of both the mechanics and the biology than from qualitative study alone. The text is supported by a wealth of illustrations, tables and examples, a large selection of suitable problems and hundreds of current references, making

it an essential textbook for any biomechanics course.

This unique book describes the latest information in the fundamental understanding of the biophysics and biochemistry of articular cartilage using the state-of-the-art practices in NMR and MRI. This is the first book of its kind, written by physicists and chemists on this important tissue, whose degradation contributes to osteoarthritis and related joint diseases. Connecting the fundamental science with the clinical imaging applications, the experts Editors provide an authoritative addition to the literature. Ideal for practising physical scientists and radiologists with an interest in the fundamental science as well as instrument manufacturers and clinical researchers working with articular cartilage.

Comparative Kinesiology of the Human Body: Normal and Pathological Conditions covers changes in musculoskeletal, neurological and cardiopulmonary systems that, when combined, are the three pillars of human movement. It examines the causes, processes, consequences and contexts of physical activity from different perspectives and life stages, from early childhood to the elderly. The book explains how purposeful movement of the human body is affected by pathological conditions related to any of these major systems. Coverage also includes external and internal factors that affect human growth patterns and

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development throughout the lifespan (embryo, child, adult and geriatrics). This book is the perfect reference for researchers in kinesiology, but it is also ideal for clinicians and students involved in rehabilitation practice. Includes in-depth coverage of the mechanical behavior of the embryo as one of the major determinants of human movement throughout the lifecycle Provides a comparison of human movement between normal and pathological conditions Addresses each body region in functional and dysfunctional kinesiological terms This guide gives students a complete learning resource. It includes solutions to all Practice Problems and Challenge Problems from the text, an introduction to each chapter, key concepts, examples, chapter summaries, and chapter exercises with solutions.

A balanced mechanics-materials approach and coverage of the latest developments in biomaterials and electronic materials, the new edition of this popular text is the most thorough and modern book available for upper-level undergraduate courses on the mechanical behavior of materials. To ensure that the student gains a thorough understanding the authors present the fundamental mechanisms that operate at micro- and nano-meter level across a wide-range of materials, in a way that is mathematically simple and requires no extensive knowledge of materials. This integrated approach provides a conceptual

presentation that shows how the microstructure of a material controls its mechanical behavior, and this is reinforced through extensive use of micrographs and illustrations. New worked examples and exercises help the student test their understanding. Further resources for this title, including lecture slides of select illustrations and solutions for exercises, are available online at www.cambridge.org/97800521866758.

The Complete Recovery Room Book, Sixth edition is an essential resource for health care professionals involved in post-operative care.

Therapeutic Hypothermia will provide a review of the subject, in particular, resuscitative hypothermia and include known mechanisms of action and results from both mechanistic and outcome laboratory studies and clinical trials. Cooling methods and potential side effects of hypothermia will be addressed as well as recommendations for future laboratory and clinical research. This volume will be of interest to both the researcher interested in therapeutic hypothermia as well as the clinician interested in the potential use of therapeutic hypothermia in their patient population.

Published in association with the British Association of Sport and Exercise Sciences, this is the only up-to-date, practical guide to using the range of biomechanics movement analysis machines, equipment and software available

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today. It includes detailed explanations of the key theory underlying biomechanics testing, along with advice concerning choice of equipment and how to use your laboratory equipment most effectively. The book covers the following important topics in detail: motion analysis using video and on-line systems measurement of force and pressure in the laboratory and field measurement of power using isokinetic dynamometry electromyography computational simulation and modelling of human movement research methodologies, data processing and data smoothing. Contributors include world leading researchers and pioneers such as Roger Bartlett, Carl Payton, Vasilios (Bill) Baltzopoulos, Adrian Burden, John H. Challis, and computer modelling maestro Fred Yeadon. Biomechanical Evaluation of Movement in Sport and Exercise is a must-have text for all biomechanics laboratories and students undertaking research.

The sixth edition of this popular text introducing human movement to a range of readers, offers the building blocks, signposts and opportunities to think about the application and integration of basic Human Movement theory. It confirms basic knowledge which is then applied to specific areas. Drawing on the expertise of a range of authors from the healthcare professions, the new edition has adopted a themed approach that links chapters in context. The strength of this current edition is the explicit chapter integration which attempts to mimic the realities of

human movement. The themed approach explores the psychosocial influences on movement. Integration is further facilitated by increased cross-referencing between the chapters and the innovative use of one themed case study throughout. Framed about a family unit, this case study enables chapter authors to explicitly apply the content of their chapters to the real world of human movement. Taken as a whole, this more integrated format will enable readers to see the reality and complexity of human movement.

Publisher's Note: Products purchased from Third Party sellers are not guaranteed by the publisher for quality, authenticity, or access to any online entitlements included with the product. Pocket-sized, engaging, and fully comprehensive, this illustrated guide provides the critical drug information readers need—when and where they need them Portable and reliable, *Pharmacotherapy Handbook, Eleventh Edition* delivers quick-access answers in any clinical setting. Whether you're a student, pharmacist, and hospital administrator, it offers a thorough understanding about what drugs are used in various situations, and why. The text delivers both the key points pharmacists needs to know in practice and the information students studying for the boards needs to pass. With JNC-VI guidelines—the standard for drug therapy and pharmaceutical care—it facilitates fast and easy access to answers, and all text will appear on AccessPharmacy for

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the first time

Completely revised and updated, the third edition offers a student-friendly approach to muscle assessment, presenting the basic principles and methodology of assessing and how assessment methods are applied in clinical practice. It explains joint range of motion (ROM), muscle length, and manual muscle strength evaluation techniques for the head, neck, trunk, and extremities. Each chapter is devoted to a separate anatomical region and provides knowledge of pertinent surface anatomy and deep anatomy. Excellent photography and illustrations enhance comprehension of techniques and serve as a self-learning tool. This edition features in-depth reviews of articulations, arthrokinematics, and the SFTR method. It teaches new techniques to measure active ROM of the temporomandibular joint and the spine, and also contains a patient position chart for performing assessments.

The latest edition of this in-depth look at athletic injuries of the shoulder has been updated to feature 16 new chapters, additional illustrations and algorithms, an added focus on arthroscopic treatments, and pearls that highlight key information. Additional contributing authors give you a fresh spin on new and old topics from rehabilitation exercises to special coverage of female athletes, pediatrics, and golfers. This book offers coverage of arthroscopy, total joint replacement, instability, football, tennis, swimming, and gymnastic injuries, rotator cuff injuries, and much, much more! The large range of topics covered in this text ensures that it's a great resource for

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orthopaedists, physical therapists, athletic trainers, and primary care physicians. Presents a multidisciplinary approach to the care of the shoulder, combining contributions from the leaders in the field of orthopedic surgery, physical therapy, and athletic training. Demonstrates which exercises your patients should perform in order to decrease their chance of injury or increase strength following an injury through illustrated exercises for rehabilitation and injury prevention. Illustrates how the shoulder is affected during activity of certain sports with a variety of tables and graphs. Covers a large range of topics including all shoulder injuries to be sufficiently comprehensive for both orthopaedists and physical therapists/athletic trainers. Features 16 new chapters, including Internal Impingement, Bankarts: Open vs. Arthroscopy, Adhesive Capsulitis of the Shoulder, Cervicogenic Shoulder Pain, Proprioception: Testing and Treatment, and more. Details current surgical and rehabilitation information for all aspects of shoulder pathology to keep you up-to-date. Organizes topics into different sections on anatomy, biomechanics, surgery, and rehabilitation for ease of reference.

A quantitative approach to studying human biomechanics, presenting principles of classical mechanics using case studies involving human movement. Vector algebra and vector differentiation are used to describe the motion of objects and 3D motion mechanics are treated in depth. Diagrams and software-created sequences are used to illustrate human movement.

Written for undergraduate biomechanics courses, Applied Biomechanics: Concepts and

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Connections, Second Edition is a comprehensive resource that focuses on making connections between biomechanics and other subdisciplines of exercise science. With that in mind, each chapter contains a Concepts section and a Connections section. The Concepts are the core nuts and bolts of understanding the mechanics of movement. The Connections are designed to show how the Concepts are used in the many diverse areas within the movement sciences.

Now in striking full color, this updated edition of Clarkson's Joint Motion, Muscle Length, and Function Assessment: A Research-Based Practical Guide offers an accessible and comprehensive presentation of the clinical evaluation and functional application of joint range of motion. Throughout the book, easy-to-understand discussions of different types of goniometers, alternate methods of assessment, the reliability and validity of other joint ROM tools, and contraindications and precautions prepare students for effective practice. A clear and concise writing style, outstanding illustration program, and built-in learning aids, including case studies, chapter objectives, and practical examination forms, make this an ideal resource for future physical and occupational therapists.

Just Say Know covers everything you need to know about drugs, including the checkered history of many drugs, why we choose to ban some yet promote others, and the challenges that society faces if we want to reduce harm.

Brilliantly and abundantly illustrated, this dynamic resource is the most comprehensive,

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research-based, reader-friendly text on kinesiology. An engaging approach explores the fundamental principles in vivid detail and clarifies the link between the structure and function of the musculoskeletal system to help you ensure a clear, confident understanding. UNIQUE! Clinical Connections boxes in each chapter enhance your understanding and promote practical application. Special Focus boxes and clinical examples throughout the text bridge classroom content with real-world application to help you succeed in practice. Logically organized content establishes an understanding of fundamental concepts before moving on to more complex material to make learning easier. Chapter outlines provide a framework for learning and enable you to reference specific topics at a glance. UNIQUE! A companion Evolve Resources website reinforces your understanding through kinesiology video clips and answers to study questions. UNIQUE! More than 500 high-quality, full-color illustrations clarify musculoskeletal anatomy and reinforce anatomic concepts. Study questions in each chapter test your comprehension and strengthen your critical-thinking capabilities.

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