



Clinical Exercise: a case-based approach, 1e

Melanie Cameron BAppSc(Ost) MHS PhD, Steve Selig PhD BSc Accredited Exercise Physiologist (AEP) accredited by Exercise & Sports Science Australia (ESSA), Dennis Hemphill PhD MA BA-Honours

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Exercise is integral in the treatment of debilitating conditions such as diabetes, cardiovascular diseases, obesity, back pain, and arthritic conditions. This new book presents succinct summaries of the evidence underpinning the use of exercise as therapy, and highlights through case studies the current challenges and complexities of clinical practice.

This highly readable text also includes more than 30 comprehensive clinical cases exploring client presentations in the areas of cardiovascular, musculoskeletal, respiratory, neurological, metabolic and occupational rehabilitation.

Clinical Exercise: a case-based approach will appeal to students and practitioners committed to evidence-based and reflective practice.

".. very readable book, useful for physiotherapy clinicians, educators and students alike." **Reviewed by Jane Kavanagh** on behalf of Physiotherapy Practice and Research, October 2015

- clinical presentations include obesity and overweight, occupational rehabilitation, athletic injuries, and metabolic disorders
- over 30 case studies - comprehensively presented with summary boxes and discussion questions
- case studies are presented in the familiar 'SOAP' clinical note taking format, as well as in engaging narratives
- appendices include diagnostic and classification criteria, references to guidelines for clinical management, and contraindications for exercise in clinical populations
- DVD - demonstrations of clinical interviews, physical examinations, exercise assessments, and exercise interventions with 'real-life' clients

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