

Therapeutic Rehabilitation 02 27940

View Online



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1.
SESSION 1 POST-SESSION READING .

 2.
Soft Tissue Repair and Healing Review,
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John J. Wilson: Common Overuse Tendon Problems: A Review and Recommendations for Treatment. *American Family Physician*. 72, 811–818.

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Marc A. Childress: Management of Chronic Tendon Injuries. *American Family Physician*. 87, 486–490.

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Joseph, M.F., Denegar, C.R.: Treating Tendinopathy. *Clinics in Sports Medicine*. 34, 363–374 (2015). <https://doi.org/10.1016/j.csm.2014.12.006>.

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Rees, J.D., Stride, M., Scott, A.: Tendons – time to revisit inflammation. *British Journal of Sports Medicine*. 48, 1553–1557 (2014). <https://doi.org/10.1136/bjsports-2012-091957>.

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Deepak S. Patel: Stress Fractures: Diagnosis, Treatment, and Prevention. *American Family Physician*. 83, 39–46.

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McCormick, F., Nwachukwu, B.U., Provencher, M.T.: Stress Fractures in Runners. *Clinics in Sports Medicine*. 31, 291–306 (2012). <https://doi.org/10.1016/j.csm.2011.09.012>.

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Keith Sinusas: Osteoarthritis: Diagnosis and Treatment. *American Family Physician*. 85, 49–56.

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TEXTBOOKS AND RESOURCES FOR OTHER SESSIONS.

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Banks, K., Hengeveld, E., Maitland, G.D., Maitland, G.D.: *Maitland's peripheral manipulation*. Elsevier Butterworth-Heinemann, Edinburgh (2005).

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Holey, E.A., Cook, E.M., Cook, E.M., Holey, E.A.: *Evidence-based therapeutic massage: a practical guide for therapists*. Churchill Livingstone, Edinburgh (2003).

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Brody, L.T., Hall, C.M.: Therapeutic exercise: moving toward function. Wolters Kluwer, Philadelphia (2018).

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Kisner, C., Colby, L.A., Borstad, J.: Therapeutic exercise: foundations and techniques. F.A. Davis Company, Philadelphia (2018).

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Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory, Musculoskeletal, and Neuromotor Fitness in Apparently Healthy Adults: Guidance for Prescribing Exercise.

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