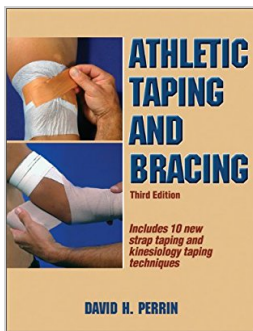


The premier text for ath, Read Free Online Download epub. ">



Athletic Taping and Bracing-3rd Edition

By David Perrin

Download now

Read Online ➔

Athletic Taping and Bracing-3rd Edition By David Perrin

The premier text for athletic taping and bracing is now revised in a stunning third edition. *Athletic Taping and Bracing* retains its emphasis on the techniques most commonly used by athletic trainers and therapists while integrating the science of anatomy and injury mechanisms with the practice of athletic taping and bracing. Plus, the third edition expands on traditional taping by including methods for rigid strap taping and elastic kinesiology taping.

Athletic Taping and Bracing, Third Edition, includes more than 480 full-color illustrations and photos, providing invaluable visual aids for both students and professionals. These include superb three-dimensional anatomical images from Primal Pictures. The photos that depict taping sequences feature tape with darkened edges that enable readers to distinguish the layers and patterns of the tape applied in each step.

With its concise anatomical descriptions and detailed anatomical illustrations similar to those normally found in advanced texts on anatomy, the book clearly highlights the mechanisms of injury that are crucial for understanding effective taping and bracing. The text thoroughly discusses and illustrates the general principles of taping and bracing for each major joint and body region. The third edition adds step-by-step instructions for 10 additional techniques, including elastic kinesiology taping and rigid strap taping techniques for gastrocnemius strains, Achilles tendinitis, and arch problems; knee, quadriceps, and hip problems; shoulder and elbow hyperextension laxity; epicondylitis; and wrist and hand issues. The book also features newly added instructor resources consisting of an image bank and testing checklists to help students master the taping procedures.

The text covers the 46 most frequently applied taping and bracing procedures in clinical practice, some of which are broken down into as many as 16 steps. It illustrates procedures for fabricating protective pads and orthotics, and it details the dos and don'ts of taping and bracing. To emphasize rehabilitation as well as prevention, *Athletic Taping and Bracing, Third Edition*, also presents basic stretching and strengthening exercises for injury rehabilitation. These exercises,

presented and illustrated for each body part, focus on flexibility, strength, and proprioception. Combined with the taping and bracing procedures, the exercises will help rehabilitated athletes maintain strength and flexibility and safely return to play.

With *Athletic Taping and Bracing, Third Edition*, readers will learn the evidence-based foundations and techniques of taping and bracing, as well as how taping and bracing can aid an athlete's total rehabilitation. The coverage of rehabilitation exercises as well as prevention will help readers become more effective health care providers for athletes and other active people with musculoskeletal injuries and problems.

The premier text for athletic taping and bracing is now revised in a stunning third edition. *Athletic Taping and Bracing* retains its emphasis on the techniques most commonly used by athletic trainers and therapists while integrating the science of anatomy and injury mechanisms with the practice of athletic taping and bracing. Plus, the third edition expands on traditional taping by including methods for rigid strap taping and elastic kinesiology taping.

Athletic Taping and Bracing, Third Edition, includes more than 480 full-color illustrations and photos, providing invaluable visual aids for both students and professionals. These include superb three-dimensional anatomical images from Primal Pictures. The photos that depict taping sequences feature tape with darkened edges that enable readers to distinguish the layers and patterns of the tape applied in each step.

With its concise anatomical descriptions and detailed anatomical illustrations similar to those normally found in advanced texts on anatomy, the book clearly highlights the mechanisms of injury that are crucial for understanding effective taping and bracing. The text thoroughly discusses and illustrates the general principles of taping and bracing for each major joint and body region. The third edition adds step-by-step instructions for 10 additional techniques, including elastic kinesiology taping and rigid strap taping techniques for gastrocnemius strains, Achilles tendinitis, and arch problems; knee, quadriceps, and hip problems; shoulder and elbow hyperextension laxity; epicondylitis; and wrist and hand issues. The book also features newly added instructor resources consisting of an image bank and testing checklists to help students master the taping procedures.

The text covers the 46 most frequently applied taping and bracing procedures in clinical practice, some of which are broken down into as many as 16 steps. It illustrates procedures for fabricating protective pads and orthotics, and it details the dos and don'ts of taping and bracing. To emphasize rehabilitation as well as prevention, *Athletic Taping and Bracing, Third Edition*, also presents basic stretching and strengthening exercises for injury rehabilitation. These exercises, presented and illustrated for each body part, focus on flexibility, strength, and proprioception. Combined with the taping and bracing procedures, the exercises will help rehabilitated athletes maintain strength and flexibility and safely return to play.

With *Athletic Taping and Bracing, Third Edition*, readers will learn the evidence-based foundations and techniques of taping and bracing, as well as how taping and bracing can aid an athlete's total rehabilitation. The coverage of rehabilitation exercises as well as prevention will help readers become more effective health care providers for athletes and other active people with musculoskeletal injuries and problems.

“The book's greatest value lies in its simplicity. It provides readers with the techniques and information that they will use regularly in clinical practice.”

Doody's Book Review (5-star review)

“Overall, the book provides an excellent learning opportunity in basic taping and wrapping techniques, with illustrations that are easy to follow.”

Physical Therapy (review of second edition)

“The strengths of the text are its stepwise instruction of application of taping procedures and the use of Primal Pictures illustration.”

Journal of Orthopaedic & Sports Physical Therapy (review of second edition)

Read Athletic Taping and Bracing-3rd Edition By David Perrin for online ebook

Athletic Taping and Bracing-3rd Edition By David Perrin Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Athletic Taping and Bracing-3rd Edition By David Perrin books to read online.

Online Athletic Taping and Bracing-3rd Edition By David Perrin ebook PDF download

Athletic Taping and Bracing-3rd Edition By David Perrin Doc

Athletic Taping and Bracing-3rd Edition By David Perrin Mobipocket

Athletic Taping and Bracing-3rd Edition By David Perrin EPub

30ACWY8LJ7G: Athletic Taping and Bracing-3rd Edition By David Perrin