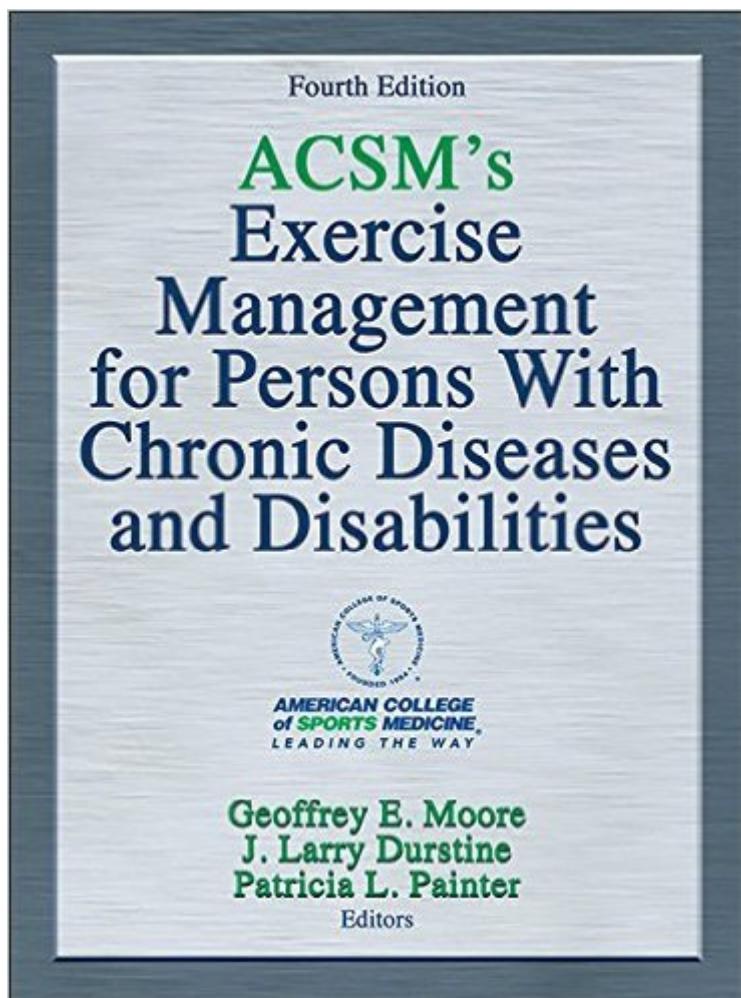


The book was found

ACSM's Exercise Management For Persons With Chronic Diseases And Disabilities-4th Edition



Synopsis

The fourth edition of ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities reveals common ground between medical and exercise professionals, creating a more collaborative approach to patient care. Developed by the American College of Sports Medicine (ACSM) with contributions from a specialized team of experts, this text presents a framework for optimizing patients' and clients' functionality by keeping them physically active. Featuring new content on common comorbid conditions, this edition is streamlined and updated to better suit chronic populations. This fourth edition of ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities outlines why exercise is significant in the treatment and prevention of disease, advises medical and exercise professionals in considering proper exercise prescription protocols, and provides evidence-informed guidance on devising individualized exercise programs. Major advancements and features of the fourth edition include the following:

- Current evidence on exercise management for persons with multiple conditions, providing guidance on working with these common yet complex populations
- A refocused goal of using physical activity to optimize patients' and clients' functionality and participation in life activities rather than only to treat and prevent disease
- Specific content to help physicians prescribe physical activity and exercise to patients for promotion of health, well-being, and longevity
- Reorganization of case studies into one streamlined chapter along with commentary from the senior editor to encourage critical thinking and recognize the unique needs of each patient

The case studies in the text are real-life scenarios that help professionals and clinicians combine scientific knowledge with experience to find appropriate solutions for each individual. Commentary on the case studies from the senior editor illustrates when improvisation may be appropriate and where further research is needed. Tables are highlighted throughout the text to help readers quickly reference important clinical information. Evidence-informed guidelines, suggested websites, and additional readings further encourage practical use of information and identify further learning opportunities. For instructors, an ancillary PowerPoint presentation package aids in classroom discussion. The critical element that distinguishes the fourth edition of ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities is its unifying mission to incorporate physical activity and exercise in both disease treatment and prevention. Its emphasis on assisting people with multiple conditions, which is ever present in health care today, moves beyond primary and secondary prevention to focus on how patients and clients can be kept physically active and functionally fit. v

Book Information

Hardcover: 416 pages

Publisher: Human Kinetics; 4 edition (May 3, 2016)

Language: English

ISBN-10: 1450434142

ISBN-13: 978-1450434140

Product Dimensions: 8.7 x 1.2 x 11.1 inches

Shipping Weight: 3.2 pounds (View shipping rates and policies)

Average Customer Review: 1.0 out of 5 stars See all reviews (1 customer review)

Best Sellers Rank: #95,961 in Books (See Top 100 in Books) #60 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Sports Medicine #61 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Diseases #99 in Books > Medical Books > Medicine > Sports Medicine

Customer Reviews

Compared to the 3rd edition, there is a lack of information. Some important information was missing such as case studies and tables which are easy to learn information. I wonder I can refund or exchange to the 3rd edition.

[Download to continue reading...](#)

ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities-4th Edition

ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities-3rd Edition

ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for Guidlies for Exercise Testing and Prescription) ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic and Hematologic Conditions (Acsms Resources for the Clinical Exercise Physiology) Financial Aid for Persons with Disabilities and Their Families 2012-2014 (Financial Aid for the Disabled and Their Families) Children with Disabilities, Seventh Edition (Batshaw, Children with Disabilities) The Ultimate Guide to Sex and Disability: For All of Us Who Live with Disabilities, Chronic Pain, and Illness ACSM's Health/Fitness Facility Standards and Guidelines-4th Edition Diseases And Disabilities Caused By Weight

Problems: The Overloaded Body (Obesity Modern Day Epidemic) Exercise Every Day: 32 Tactics for Building the Exercise Habit Chronic Candidiasis: Your Natural Guide to Healing with Diet, Vitamins, Minerals, Herbs, Exercise, and Other Natural Methods The Vitamin Cure for Chronic Fatigue Syndrome: How to Prevent and Treat Chronic Fatigue Syndrome Using Safe and Effective Natural Therapies What Your Doctor May Not Tell You About(TM): Autoimmune Disorders: The

Revolutionary Drug-free Treatments for Thyroid Disease, Lupus, MS, IBD, Chronic Fatigue, Rheumatoid Arthritis, and Other Diseases Infectious Diseases: Expert Consult: Online and Print - 2 Volume Set, 3e (Infectious Diseases (Armstrong/ Mosby)) Learners with Mild Disabilities: A Characteristics Approach (4th Edition) Biochemistry Primer for Exercise Science-4th Edition ACSM's Health/Fitness Facility Standards and Guidelines-Fourth Edition Missing Persons: A Writer's Guide to Finding the Lost, the Abducted and the Escaped (Howdunit Writing) Persons and Things: From the Body's Point of View (Theory Redux) The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer Disease, Related Dementing Illnesses, and Memory Loss in Later Life

[Dmca](#)