

Principles of Exercises in Physiotherapy

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Foreword
SS Rau



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To

My parents
for their encouragement

To my wife
for her support

To my teachers
for their guidance

To my students
for their inquisitiveness...

Foreword

Principles of Exercises in Physiotherapy written by C Sivaram, I am convinced, will serve primarily as a textbook for the students of physiotherapy. Sivaram has endeavoured, and in my opinion succeeded in making the text enlightening. The main strength of the book is that it explains as far as possible the current state of knowledge that is needed by the students of today.

The book's contents have been divided into separate sections and covers topics from anatomy and physiology to mobilisation of joints. The pictorial and diagrammatic approach makes understanding easy and the book attractive.

I am sure after reading the chapters, therapists will be encouraged. This book shall serve as a quick guide for postgraduate students and clinical therapists as well.

SS Rau

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Preface

Exercises have emerged as a very potent therapeutic tool in the treatment and prevention of medical ailments. Management of most of the diseases in the modern world is in some way or the other linked to exercises. They form an integral part of the prescription of contemporary practice. However, scientific knowledge regarding the anatomical and physiological principles involved in their execution are seldom not understood.

Principles of Exercises in Physiotherapy is an effort to bridge the gap between theory and practice of exercise therapy. It intends to lay a strong foundation on which to build the reasoning for a therapeutic approach in rehabilitation.

The chapters have been arranged in such a way that the student would find it easy to understand as he/she progresses through the subject. Each Unit provides understanding of a new concept.

Though the book is intended primarily for the Undergraduate students, it would appeal to the Postgraduates as well. Special emphasis has been made to elaborate on topics which are generally difficult to understand. Recent advances in research in the field have also been taken into account while writing this book.

Any suggestions from teachers and students will be highly appreciated.

C Sivaram

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This book would not have been possible without the inspiration I have drawn from my teachers who have shaped my knowledge throughout my career.

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