

As hip and knee conditions continue to become more prevalent, so does the demand for a rapid and complete return to function in these lower-extremity joints. *Pilates for Hip and Knee Syndromes and Arthroplasties* provides foundational guidelines and protocols with specific modifications for the use of Pilates in increasing core strength, balance, and flexibility and restoring function and range of motion with pre- and postoperative knee and hip syndromes and arthroplasties. Written for Pilates instructors, manual therapists, personal trainers, and physicians, this text introduces Pilates as a safe fitness and rehabilitation tool for individuals with knee or hip conditions. Developed over 90 years ago by Joseph H. Pilates, the Pilates method is a unique system of stretching and strengthening exercises that have been shown to tone muscles and improve posture, flexibility, range of motion, and balance. Low impact and completely adaptable according to specific syndromes or fitness level, Pilates exercises are well suited for use in pre- and postoperative exercise regimens, and Pilates mat exercises can be easily incorporated into home programs. *Pilates for Hip and Knee Syndromes and Arthroplasties* begins with a review of the anatomy of the hip and knee, a discussion of the most common conditions, and an overview of nonoperative and operative treatments. Building this background information will help readers gain a better understanding of why certain exercises are applied at various points in the rehabilitation time line. The next portion of the text is dedicated to specific Pilates techniques and mat exercises and includes baseline recommendations for range of motion and both pre- and postoperative modifications for the knee and hip. Reference tables outline classical Pilates mat exercises and place them in specific rehabilitation time lines from six weeks to three months, three months to six months, and beyond six months postoperative. More than 600 photos clearly demonstrate the exercises and feature detailed instructions for correct execution of the techniques. To assist with clients who have never performed Pilates exercises or are in the very early stages after surgery, pre-Pilates exercises are also presented to help build core strength and range of motion. Case scenarios and sample Pilates mat programs provide additional guidelines on the correct application of the exercises, while an exercise finder located in the front of the text quickly directs readers to the appropriate exercises for each postop time line. Important Notice: The digital edition of this book is missing some of the images found in the physical edition.

Little Guinea Pigs (Born to Be Wild), Daily Life in Colonial New England, Spons Contractors Handbook: Electrical Installation 1995 (Spons Contractors Handbooks Series), Trends and Issues in Distance Education: An International Perspective (Perspectives in Instructional Technology and Distance Learning), Six Canadian Plays, New Directions: Efficiency and Productivity: 2nd (Second) edition, The Diary Of Samuel Newton: Alderman Of Cambridge, 1662-1717 (1890), An Unauthorized Guide to 3 Days to Kill: The Kevin Costner Spy Movie,

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Pilates for Hip and Knee Syndromes and Arthroplasties provides foundational guidelines and protocols for the use of Pilates in increasing strength, balance. , English, Book, Illustrated edition: *Pilates for hip and knee syndromes and arthroplasties* / Beth A. Kaplanek, Brett Levine, William L. Jaffe. Kaplanek, Beth. Buy *Pilates for Hip and Knee Syndromes and Athroplasties* by Beth A. Kaplanek, Brett Levine from Waterstones today! Click and Collect from your local. Beth Kaplanek is the author of *Pilates for Hip and Knee Syndromes and Arthroplasties* (avg rating, 4 ratings, 0 reviews, published) and *Pilates* . *Pilates for Hip and Knee Syndromes and Arthroplasties* by Beth Kaplanek; Brett Levine; William Jaffe at pitchandserve.com - ISBN - ISBN

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