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Robert A. Donatelli PhD PT OCS

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- Aligned to the Guide to Physical Therapy Practice to help learn how to work with athletes' injuries and help them make a physical comeback while following best practices.
- Incorporation of muscle physiology demonstrates it as the basis for athlete's exercise prescription.
- Coverage of pathophysiology of overuse injuries illustrates the damage to the musculoskeletal system.
- Inclusion of treatment and training approaches for athletic rehabilitation shows how to restore the musculoskeletal system back to full flexibility, strength, power, and endurance.
- Evidence-based clinical application boxes found throughout the book cite key studies and provide real-world application to a clinical setting.
- Extensive photographs show hands-on demonstrations of important rehabilitation techniques, helping the clinician to accurately apply them during treatment.

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