



## The American Physical Therapy Association Book of Body Maintenance and Repair

By Steve Vickery

Holt Paperbacks. Paperback. Condition: New. 288 pages. Dimensions: 10.8in. x 8.4in. x 0.7in. The new standard in fitness books, featuring hundreds of at-home stretches and exercises. At last, the first complete, fully illustrated compium of stretching and exercises for every part of the body, backed by the experience and medical and scientific authority of the American Physical Therapy Association. Each exercise in the book has been prepared and reviewed by a special editorial board, chaired by Dr. Marilyn Moffat, president emeritus of the APTA, and widely considered to be the preeminent expert in the field. Broken down into three major sections, the book first offers illustrated descriptions of the structure and mechanics of each major body part, explaining what can go wrong and how to properly care for that area. A middle section provides general information on posture, body mechanics, weight control, aerobic conditioning, and maintenance programs. Each chapter references the main part of the book, the catalog of exercises. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



**READ ONLINE**

[ 2.79 MB ]

### Reviews

*This book might be worth a study, and superior to other. It can be writter in easy words and phrases and never confusing. I am just happy to inform you that here is the greatest ebook i have got read within my personal daily life and may be he best pdf for actually.*

-- Mrs. Avis Little DDS

*Undoubtedly, this is actually the finest work by any author. Of course, it is perform, nonetheless an amazing and interesting literature. You will like just how the article writer publish this book.*

-- Dr. Isom Dibbert Jr.

## You May Also Like



**Barabbas Goes Free: The Story of the Release of Barabbas Matthew 27:15-26, Mark 15:6-15, Luke 23:13-25, and John 18:20 for Children**

Paperback. Book Condition: New.



**My First Gruffalo: Hello Gruffalo! Buggy Book (Illustrated edition)**

Pan Macmillan. Board book. Book Condition: new. BRAND NEW, My First Gruffalo: Hello Gruffalo! Buggy Book (Illustrated edition), Julia Donaldson, Axel Scheffler, Say hello to the Gruffalo and take him with you wherever you go with this brilliantly portable buggy book. Part...



**Monkeys Learn to Move: Puppet Theater Books Presents Funny Illustrated Bedtime Picture Values Book for Ages 3-8**

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What are the Monkey s up to now? Moving! Monkeys Learn to Move helps children learn what it is like...



**TJ new concept of the Preschool Quality Education Engineering: new happy learning young children (3-5 years old) daily learning book Intermediate (2)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



**TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



**TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...