



A History of Exercise Therapy: From Ancient to Modern Times

By Alex Daulat

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Did you know that the Mesoamerican civilization used acupuncture? Or that Da Vinci discovered the eddy currents around the aortic valve? While these may seem like mere trivia, the truth is that even in the medical field, history matters. In fact, we still use some of ancient Egypt s assessment and treatment techniques in physiotherapy and orthopedics today. Combining the history of various exercise methodologies, including yoga, tai chi, qigong, and Pilates, with current research and clinical experience, author and physiotherapist Alex Daulat provides a unique guide that builds on the past in order to find the best way forward. A specialist in musculoskeletal conditions, he offers special insight into exercise treatments that empower patients to self-manage their back pain. Mind-body medicine is not a new concept, but there are groundbreaking ways to combine exercise therapy with psychological techniques, and A History of Exercise Therapy not only educates you on past methods but also introduces you to an innovative model that addresses the issues of the present.



Reviews

This is the greatest pdf i actually have go through right up until now. It is actually packed with knowledge and wisdom I found out this book from my dad and i advised this publication to find out.

-- Arely Rath

I actually started reading this pdf. It can be rally exciting through reading period of time. Your lifestyle span is going to be enhance as soon as you total reading this ebook.

-- Nya Bechtelar

Other eBooks



History of the Town of Sutton Massachusetts from 1704 to 1876

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This version of the History of the Town of Sutton Massachusetts from 1704 to 1876 is a labor...



To Thine Own Self

Dog Ear Publishing, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Carefree and self assured Carolyn loves her life. Her uncle runs the day-to-day details of her company leaving...



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



How to Make a Free Website for Kids

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter # 2: Signing Up for a Website...



Patent Ease: How to Write You Own Patent Application

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Patent Ease! The new How to write your own Patent book for beginners! Because you are a beginner; not a...



Talking Digital: A Parent's Guide for Teaching Kids to Share Smart and Stay Safe Online

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their online interactions, the good and the bad,...