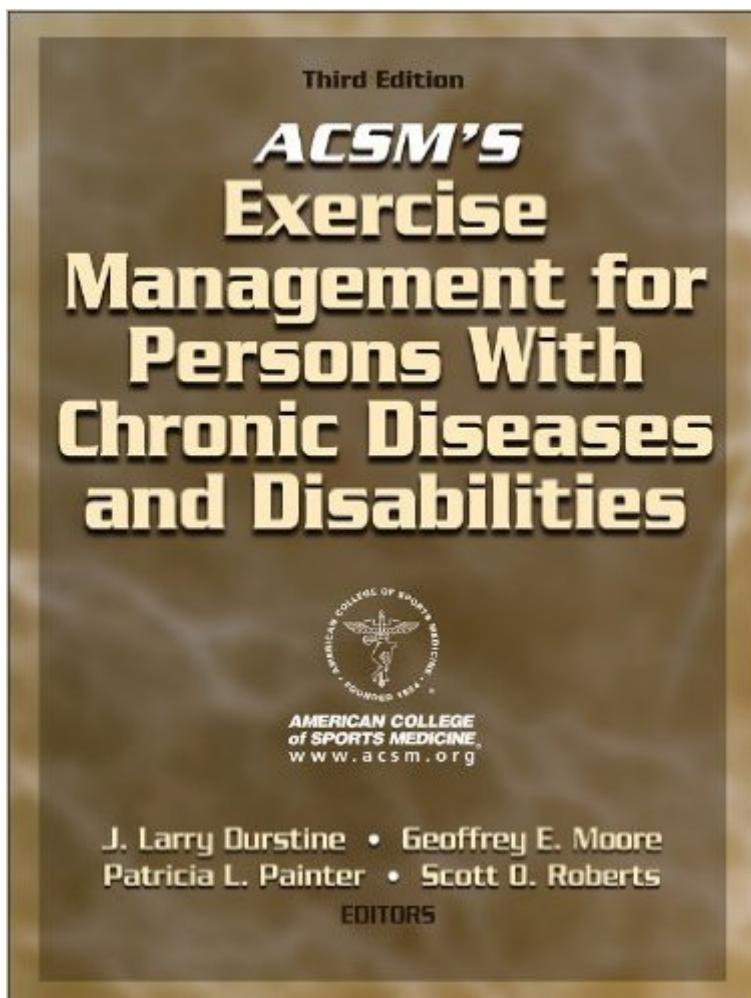


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# ACSM's Exercise Management For Persons With Chronic Diseases And Disabilities-3rd Edition



## Synopsis

Now in its third edition, ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities offers both exercise and health professionals the latest research and applications for integrating exercise into the treatment of 49 chronic diseases and disabilities. This reference was developed by the American College of Sports Medicine (ACSM) and written by contributors with significant clinical and research experience in exercise programming for people with chronic conditions. ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities, Third Edition, contains tools to assist in the coordination of exercise within an integrated model of patient care. The updated edition presents a framework for determining functional capacity in persons with chronic diseases and disabilities and offers guidance in developing appropriate exercise programming to optimize functional capacity and reduce the compounding effects of exercise intolerance. Unlike textbooks on special populations, ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities provides an overview of exercise management and addresses a wider spectrum of chronic diseases and disabilities. A consistent and concise format allows readers quick access to the pathology of interest, training and response to exercise, management of medications, and recommendations and special considerations of exercise testing and programming. Within the text, diseases and disorders are organized into six sections: cardiovascular; pulmonary; metabolic; orthopedic; neuromuscular; and cognitive, psychological, and sensory. Information presented for each of the 49 conditions is based on the most current clinical research. The third edition includes an added color and contains new chapters on metabolic syndrome, stress and neuropsychiatric disorders, multiple chronic conditions, and fibromyalgia. Information on professional preparation in serving patients with chronic diseases or disabilities has also been added. In addition, reformatted tables provide quicker reference for testing and prescription data. Recommended readings found at the end of the book offer resources for more in-depth study. The text also includes case studies for each condition. These cases, drawn from the contributor's clinical practice, illustrate how scientific research and clinical experience can combine in the development of an informed program of care for each patient. Case studies follow a set format, beginning with an overview and a subjective objective assessment plan (SOAP) report, followed by an exercise program and a follow-up statement for select cases. ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities, Third Edition, presents exercise as a viable component in the care and treatment of chronic disease and disability and offers guidance for appropriate exercise prescription that can positively affect functional capacity and slow or prevent exercise intolerance. As the prescription of exercise for persons with chronic conditions

increases, exercise and health professionals require the appropriate data and tools to serve these individuals. ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities will assist professionals in translating the science of exercise physiology into the art of practicing exercise medicine.v

## **Book Information**

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## **Customer Reviews**

I ordered this book for one of my Doctorate of Physical Therapy classes. It is very informational and is organized very well. Each chapter focuses on one diagnosis and then goes into what their reaction to exercise and exercise testing. The exercise testing is not as helpful for me however each chapter usually has a case study with an exercise program. This book would be beneficial to a variety of health care providers. An added bonus...my professor wrote a chapter!

This book is great for those in the exercise physiology/health promotion field. It gives you a lot of great information on how exercise effects medical condition from revascularization to hiv. Plus the ACSM is the best source for this kind of information. Plus the seller was got this out to me with no delay. Great job.

This is a great book and has tons of useful information and resources. However if you download the electronic version there are no page numbers and it is very difficult to tell where you are in the book.

I am studying my Diploma in Fitness. This book is very technical and would be ideal for someone in the working or studying in the medical field however I have found it very helpful with research for my assignments. If you really want to take your personal training skills to the next level this book is for you.

As with all ACSM guides this is a very detailed and comprehensive publication. As a reference guide this is worth having in every facility working with those with Chronic Disease, and disability.

Needed this for school and will continue to reference it. Training for clients with special needs means that you need this book to know how to provide safe and effective program design.

Very useful for those who work with chronic diseases and disabilities. Some health conditions could be more discussed but, in a general view, have good research basis.

Very well put together book. Easy to read and understand content and has bold easy to follow headings. Table of contents makes easy navigation with just a click

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