

Ejercicio Terapeutico Kisner

Marta Ripoll Ocete

Fisiología clínica del ejercicio José López Chicharro, Luis Miguel López Mojares, 2008-07 Las investigaciones científicas indican que el ejercicio moderado, practicado con regularidad varias veces por semana, añade años a la vida humana, rebaja significativamente los riesgos de padecer un gran número de enfermedades, y es una herramienta eficaz en el tratamiento de muchas patologías. Éste es el marco general en el que se engloba la presente obra, fruto del trabajo de un amplio grupo de expertos en actividad física aplicada a las enfermedades prevalentes que más pueden beneficiarse de ella, coordinados por José López Chicharro y Luis Miguel López Mojares. Después de una introducción preliminar, se analizan las principales patologías cardiovasculares, pulmonares, neuromusculares, metabólicas, oncológicas y locomotoras. Seguidamente se estudian las poblaciones especiales que requieren una aplicación especial del ejercicio físico, como niños, ancianos o mujeres embarazadas. Se concluye con un módulo dedicado a los trastornos psicológicos. Todos estos aspectos se explican con un lenguaje accesible pero riguroso, con el que se describen las limitaciones al ejercicio de cada caso, el modo de llevar a cabo la evaluación funcional y la aplicación correcta del ejercicio físico más adecuado en cada caso, para obtener los mejores beneficios y minimizar así el riesgo.

Ejercicio terapéutico Carolyn Kisner, Índice resumido PARTE I: Conceptos generales Capítulo 1: Ejercicio terapéutico: conceptos fundacionales Capítulo 2: Prevención, salud y bienestar PARTE II: Ciencia aplicada al ejercicio y sus técnicas Capítulo 3: Amplitud de movimiento Capítulo 4: Estiramiento para los trastornos de la movilidad Capítulo 5: Movilización de las articulaciones periféricas Capítulo 6: Ejercicio contra resistencia para la recuperación muscular Capítulo 7: Principios del ejercicio aeróbico Capítulo 8 Ejercicios para las alteraciones del equilibrio Capítulo 9: Ejercicio acuático PARTE III: Principios de intervención Capítulo 10: Lesión, reparación y manejo de los tejidos blandos Capítulo 11: Manejo de trastornos, articulares óseos y del tejido conectivo Capítulo 12: Intervenciones quirúrgicas y cuidados posoperatorios Capítulo 13: Manejo de los trastornos del sistema nervioso periférico PARTE IV: Tratamiento con ejercicios en cada región corporal Capítulo 14: La columna vertebral y la postura: estructura, función, alteraciones posturales y guías de tratamiento Capítulo 15: La columna: alteraciones, diagnósticos y pautas de manejo Capítulo 16: La columna vertebral: intervenciones con ejercicios Capítulo 17: El hombro y la cintura escapular Capítulo 18: Complejo del codo y el antebrazo Capítulo 19: La muñeca y la mano Capítulo 20: La cadera Capítulo 21: La rodilla Capítulo 22: El tobillo y el pie PARTE V: Dominios especiales

de ejercicio terapéutico Capítulo 23: Salud de la mujer: aspectos obstétricos y suelo pélvico Capítulo 24: Manejo de los trastornos circulatorios de las extremidades Capítulo 25: Tratamiento de los trastornos pulmonares Apéndice: Guías para el examen sistemático del sistema músculoesquelético.

Manual de fisioterapia (2a. ed.) Juan Lois Guerra, 2018-01-01

TÉCNICA QUIROPRÁCTICA DE LAS ARTICULACIONES PERIFÉRICAS Raymond T. Broome, 2005-04-05 En este libro, el autor, un experto especialista quiropráctico a nivel mundial, desarrolla una extensa gama de procedimientos cuidadosamente catalogados, sistemáticamente explicados y bien ilustrados, de modo que los lectores descubrirán que son capaces de convertir cada explicación en una técnica. Cada técnica se basa en el concepto de la restricción de movilidad direccional de cada articulación. De hecho, la segunda parte del libro es un manual de técnicas, muchas de las cuales se relacionan con las enseñanzas de Mennell y Guillet sobre el “juego de la articulación” y la “rigidez”. Los fundamentos de ésta y otras premisas básicas en que se basan las técnicas aparecen clasificadas y explicadas detenidamente a lo largo del libro. Raymond Broome atiende su consulta privada en Oxford, Inglaterra e imparte clases de postgrados en el Institut Français de Chiropractie - París, Francia- y en el Nordisk Institute for Chiropractic -Odense, Dinamarca-. Asimismo, se ha desempeñado como director y catedrático del Anglo-European Collage of Chiropractic en Bournemouth, Inglaterra.

Fisioterapia en personas quemadas Julia Alba Castellanos Ruiz, Mónica Yamile Pinzón Bernal, 2017-01-02 Este libro es el resultado de un proceso de investigación desarrollado desde el año 2011 hasta la fecha, en torno a la intervención fisioterapéutica en personas quemadas. En ese sentido, abarca lo que un fisioterapeuta debe tener en cuenta para la atención y el proceso de recuperación de personas quemadas, indistintamente del ciclo vital en el que se encuentren. Por lo anterior, este libro se constituye como una guía para los fisioterapeutas, la cual pretende orientarlos en lo relacionado con exámenes, diagnóstico y tratamiento de personas que han sufrido quemaduras.

VI Latin American Congress on Biomedical Engineering CLAIB 2014, Paraná, Argentina 29, 30 & 31 October 2014 Ariel Braidot, Alejandro Hadad, 2015-03-13 This volume presents the proceedings of the CLAIB 2014, held in Paraná, Entre Ríos, Argentina 29, 30 & 31 October 2014. The proceedings, presented by the Regional Council of Biomedical Engineering for Latin America (CORAL) offer research findings, experiences and activities between institutions and universities to develop Bioengineering, Biomedical Engineering and related sciences. The conferences of the American Congress of Biomedical Engineering are sponsored by the International Federation for Medical and Biological Engineering (IFMBE), Society for Engineering in Biology and Medicine (EMBS) and the Pan American Health Organization (PAHO), among other organizations and international agencies and bringing together scientists, academics and biomedical engineers in Latin America and other continents in an environment conducive to exchange and professional growth. The Topics include: - Bioinformatics and Computational Biology - Bioinstrumentation; Sensors, Micro and Nano Technologies - Biomaterials,

Tissue Engineering and Artificial Organs - Biomechanics, Robotics and Motion Analysis - Biomedical Images and Image Processing - Biomedical Signal Processing - Clinical Engineering and Electromedicine - Computer and Medical Informatics - Health and home care, telemedicine - Modeling and Simulation - Radiobiology, Radiation and Medical Physics - Rehabilitation Engineering and Prosthetics - Technology, Education and Innovation

El género y su transversalización en la educación (formal y no formal), e n en la familia y en el deporte Carolina Hamodi Galán,2023-07-19 El género y su transversalización en la educación (formal y no formal), e n en la familia y en el deporte.

EJERCICIO TERAPÉUTICO. Recuperación funcional (Bicolor) Carrie M. Hall,Lori Thein Brody,2006-07-20 Este libro presenta las herramientas necesarias para tomar decisiones sobre la prescripción de ejercicio terapéutico –qué ejercicios enseñar, cómo enseñarlos y la dosis requerida para el mejor resultado posible– y confeccionar un programa efectivo de ejercicio. Para ello, la obra comienza por establecer las bases del ejercicio terapéutico desde la presentación del modelo de discapacidad hasta los conceptos fundamentales sobre el tratamiento del paciente. Luego, se desarrollan algunas consideraciones fisiológicas especiales, que destacan por la frecuencia con la que los fisioterapeutas se enfrentan a ellas, para la prescripción de ejercicio terapéutico –lesiones de partes blandas, aspectos postoperatorios, artritis, fibromialgias, fatiga crónica y obstetricia–; además, se tratan los métodos seleccionados de intervención sobre la prescripción de ejercicio y se ejemplifica la forma de integrar cada método en un programa general de ejercicio terapéutico. A continuación, se presenta un protocolo para la prescripción de ejercicio terapéutico por regiones corporales; para ello, se ofrece de cada zona corporal una revisión breve de la anatomía y cinesiología, las pautas de la exploración y evaluación, el ejercicio terapéutico para deterioros fisiológicos corrientes que afectan la región y el ejercicio terapéutico para diagnósticos médicos habituales que afectan esas regiones. El lector también encontrará actividades de laboratorio, instrucciones paso a paso de ejercicios prescritos a pacientes, claves para la enseñanza de los ejercicios a los pacientes y, por último, once estudios de casos que sintetizan y ejemplifican todo lo tratado en el libro.

El ejercicio terapéutico ,1996

El ejercicio terapéutico en fisioterapia Gema Lendínez Burgos,2014

Ejercicio terapeútico Matthew Walsh,2020

Teoría y práctica del ejercicio terapéutico Hans Spring,2000 Presenta el ejercicio terapeutico, llevado a cabo de forma consecuente con el fin de aumentar la capacidad de rendimiento físico.

Intervenciones musculoesqueléticas Barbara J. Hoogenboom,2024

Eficacia del ejercicio terapéutico en fisioterapia para el manejo del dolor lumbar crónico no específico en adultos Marta Ripoll Ocete,2020

Eficacia del ejercicio terapéutico y el vendaje neuromuscular en el dolor lumbar María del Mar Márquez Carrasco,2019

Efectividad del ejercicio terapéutico Irene Pérez Pérez, 2020

Efectividad del ejercicio terapéutico controlado por una app con supervisión presencial de fisioterapia en dolor lumbar crónico José Javier López Marcos, 2023 El dolor lumbar crónico (DLC) es uno de los principales problemas de salud a nivel mundial y es la principal causa de años vividos con discapacidad tanto en países desarrollados como en vías de desarrollo. Uno de los principales factores de riesgo relacionado con el dolor lumbar crónico es el sedentarismo y una buena prescripción de ejercicio, unida a una constancia en la realización del mismo, es fundamental para un pronóstico favorable del tratamiento. La utilización de las nuevas tecnologías en muchas patologías crónicas como medio de monitorización, control, referencia y educación de los pacientes es un hecho y, entre los medios más actuales, la telerrehabilitación se está desarrollando como un complemento terapéutico a la atención presencial. El dolor, la discapacidad y la calidad de vida son las principales preocupaciones de los pacientes con DLC y objetivos que tiene que buscar cualquier tratamiento dirigido a este colectivo...

Efectos del ejercicio terapéutico combinado con educación al paciente y neurofeedback para el abordaje del síndrome de la fatiga crónica Rocio Alonso Seguí, 2017

Ejercicio terapéutico e intervenciones educativas Pablo Hernández Lucas, Raquel Leirós Rodríguez, José Luis García Soidán, 2025 El dolor de espalda, y en particular el dolor inespecífico, es una de las afecciones de salud más comunes en la sociedad moderna, afectando a millones de personas en todo el mundo. Este tipo de dolor no solo causa malestar físico, sino que también impacta significativamente la calidad de vida de quienes lo sufren. La complejidad del dolor de espalda radica en su naturaleza multifactorial, donde interactúan factores biológicos, psicológicos y sociales, lo que hace que su manejo requiera un enfoque integral y multidisciplinario. Este libro ofrece un análisis sencillo de este enfoque, proporcionando tanto una base teórica como propuestas prácticas para abordar esta condición. El contenido del libro está cuidadosamente estructurado en varios capítulos que cubren desde la definición y clasificación del dolor hasta estrategias de intervención que combinan la educación en salud y el ejercicio terapéutico.

Exercícios terapêuticos Carolyn Kisner, Lynn Allen Colby, 2009 Este livro busca capacitar o leitor a elaborar programas individualizados de exercícios terapêuticos com foco na reabilitação de condições clínicas e ortopédicas, incluindo diversas patologias e cirurgias musculoesqueléticas. Esta edição aborda assuntos como desempenho muscular, alongamento e técnicas de mobilização, procedimentos cirúrgicos, lesão e reparo de tecidos moles e tratamento pós-operatório. São descritos ainda exercícios para melhora do desempenho de atividades funcionais, incluindo exercícios em cadeia fechada, pliométricos e de estabilização.

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