



ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities-3rd Edition

American College of Sports Medicine, J. Larry Durstine, Geoffrey Moore, Patricia Painter, Scott Roberts

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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.

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Spent a free time and energy to be fun activity to do! A lot of people spent their leisure time with their family, or their particular friends. Usually they undertaking activity like watching television, about to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Could be reading a book may be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the e-book untitled ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities-3rd Edition can be good book to read. May be it can be best activity to you.

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