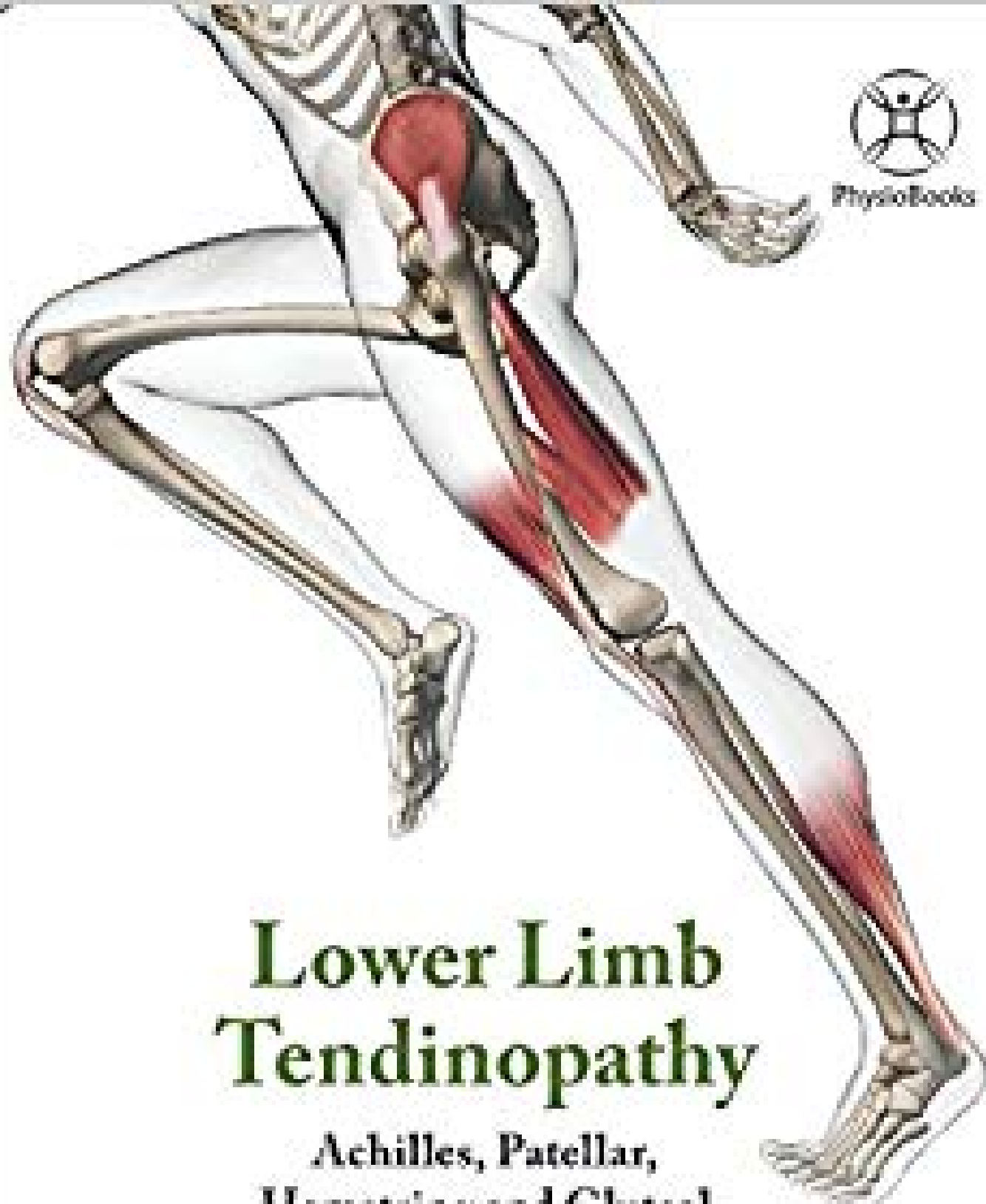




PhysioBooks



Lower Limb Tendinopathy

Achilles, Patellar,
Hamstring and Gluteal

DANIEL LAWRENCE

CHARTERED PHYSIOTHERAPIST

Daniel Lawrence

Lower-limb Tendinopathy (Black & White version): (Achilles, Patellar, Hamstring and Gluteal)



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A comprehensive guide for professionals involved in the management of lesser limb tendon pain and dysfunction. Divided into the next 16 chapter topics: Anatomy, Evolutionary Biology, Pathology, Achilles, Patellar, Hamstring, Gluteal, Biomechanics, Power and Conditioning, Gait Manipulation, Massage therapy, Taping, Shockwave, Biomedicine, Miscellaneous treatments, and Imaging Tendons. This text is an essential guideline for professionals involved with the evaluation, treatment and administration of lower limb tendon discomfort. Extensively researched and medically edited with over 300 references this book combines evidence with scientific experience to provide informed tendinopathy management strategies. Extensively illustrated with over 200 pictures and diagrams plus summarised scientific assessment manuals and rehabilitation plans.



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