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Orthopedic rehabilitation – See, Understand, Apply This practical guide tells you everything you need to know about interdisciplinary aftercare and rehabilitation following orthopedic operations in the area of the extremities and the spine: concise information about surgical procedures, medical aftercare guidelines and physiotherapeutic treatment concepts for all stages of rehabilitation, based on the many years of interdisciplinary experience of physiotherapists and specialists in sports orthopedics.

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Vlad the Impaler. You have always thought of him as Dracula with all of the ideas created to make him look evil. Now in his own words let him explain why what has been written is almost all wrong. He is a good guy...a hero. Here in his autobiography you will finally understand the kind of man he really is.

Thoroughly revised for its Third Edition, "Foundations of Osteopathic Medicine" is the most comprehensive, current osteopathic text. This edition features expanded coverage of international practice and includes a new chapter on the structure of the profession.

The word tensegrity results from the contraction of ' tensional ' and ' integrity ' , a word created by Richard Buckminster Fuller. He went

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on to describe tensegrity structures as ' islands of compression in an ocean of tension ' , and Ren é Motro has developed a comprehensive definition which is ' systems in a stable self equilibrated system comprising a discontinuous set of compressed components inside a continuum of tensioned components ' . This publication represents the life work of a leading exponent of a revolutionary and exciting method of structural design. * Represents the life work of a leading exponent of a revolutionary and exciting method of structural design * Applicable to architecture as an established structural system, can also be applied to other fields * Design professionals will be able to design better structures. Interested non-professionals will experience the great pleasure of being able to say "I understand why the Hisshorn tower stands up"

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Cowin (New York Center for Biomedical Engineering) and Humphrey (biomedical engineering, Texas A&M U.) present seven papers that discuss current research and future directions. Topics concern tissues within the cardiovascular system (arteries, the heart, and biaxial testing of planar tissues such as heart valves). Themes include an emphasis on data on the underlying microstructure, especially collagen; the consideration of the fact that both arteries and the heart contain muscle and that there is, therefore, a need to quantify both the active and passive response; constitutive relations for active behavior; and the growth and remodeling of cardiovascular tissues. Of interest to cardiovascular and biomechanics soft tissue researchers, and bioengineers. Annotation copyrighted by Book News, Inc., Portland, OR.

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Principally based on dissections of hundreds of un-embalmed human cadavers over the past decade, Functional Atlas of the Human Fascial System presents a new vision of the human fascial system using anatomical and histological photographs along with microscopic analysis and biomechanical evaluation. Prof. Carla Stecco – orthopaedic surgeon and professor of anatomy and sport activities – brings together the research of a multi-specialist team of researchers and clinicians consisting of anatomists, biomechanical engineers, physiotherapists, osteopaths and plastic surgeons. In this Atlas Prof. Stecco presents for the first time a global view of fasciae and the actual connections that describe the myofascial kinetic chains. These descriptions help to explain how fascia plays a part in myofascial dysfunction and disease as well as how it may alter muscle function and disturb proprioceptive input. Prof. Stecco also highlights the

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continuity of the fascial planes, explaining the function of the fasciae and their connection between muscles, nerves and blood vessels. This understanding will help guide the practitioner in selecting the proper technique for a specific fascial problem with a view to enhancing manual therapy methods. Functional Atlas of the Human Fascial System opens with the first chapter classifying connective tissue and explaining its composition in terms of percentages of fibres, cells and extracellular matrix. The second chapter goes on to describe the general characteristics of the superficial fascia from a macroscopic and microscopic point of view; while the third analyzes the deep fascia in the same manner. The subsequent five chapters describe the fasciae from a topographical perspective. In this part of the Atlas, common anatomical terminology is used throughout to refer to the various fasciae but it also stresses the continuity of fasciae between the different

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bodily regions. Over 300 unique photographs which show fascia on fresh (not embalmed) cadavers Demonstrates the composition, form and function of the fascial system Highlights the role of the deep fascia for proprioception and peripheral motor coordination Companion website – www.atlasfascial.com – with videos showing how fascia connects with ligaments

An engrossing look at the cultural consequences of technological change and globalization Space radar, infrared photography, carbon dating, DNA analysis, microfilm, digital data bases-we have better technology than ever for studying and preserving the past. And yet the by-products of technology threaten to destroy--in one or two

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generations--monuments, works of art, and ways of life that have survived thousands of years of hardship and war. This paradox is central to our age. We use the Internet to access and assess infinite amounts of information--but understand less and less of its historical context. Globalization may eventually benefit countries around the world; it will also, almost certainly, lead to the disappearance of hundreds of regional dialects, languages, and whole societies. In *The Future of the Past*, Alexander Stille takes us on a tour of the past as it exists today and weighs its prospects for tomorrow, from China to Somalia to Washington, D.C. Through incisive portraits of their protagonists, he describes high-tech struggles to save the Great Sphinx and the Ganges; efforts to preserve Latin within the Vatican; the digital glut inside the National Archives, which may have lost more information in the information age than ever before; an oral culture

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threatened by a "new" technology: writing itself. Wherever it takes him, Stille explores not just the past, but our ideas about the past, how they are changing--and how they will have to change if our past is to have a future.

This is part of an extremely successful trilogy which uses a visual approach to illustrate the anatomy, physiology and mechanics of the joints. It presents, in double page spreads, clear and simple diagrams that have the minimum of text.

A bestseller (over 80,000 copies sold) in a second, updated edition. Learn fascial exercises to improve mobility and flexibility, avoid and treat pain, and improve sports performance. In this second edition of his best-selling guide to fascial fitness, fascia researcher and Rolfing

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therapist Dr. Robert Schleip shows you a series of practical exercises that you can easily build into your day-to-day routine. He introduces the most recent scientific findings from the world of fascial research, and explains which methods and equipment are most effective for fascial health (as well as which ones do more harm than good!). These new findings are already changing the shape of physiotherapy and the methods of treatment and recovery we use today, and will continue to do so in the future. Physiotherapists, sports scientists, and doctors agree that if we want to stay flexible, energetic and pain-free in our day-to-day lives and sporting pursuits, we need to look after our connective tissue - our 'fascia'. There has been a great deal of research into this over the last few years, all of which shows that the fascia around our muscles plays a huge role in keeping us fit, healthy, flexible, and feeling good. This versatile tissue transfers energy to the muscles,

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communicates with the nervous system, acts as a sensory organ, helps to protect and regenerate our internal organs, and provides the foundations for a healthy physique. We used to think it was our muscles doing all the work, but now we know the connective tissue plays a big part, too. It responds to stress and other stimuli, and when it gets matted or sticks together, it can cause pain and mobility problems. That's why it's so important to train our fascia - and just 10 minutes, twice a week is all it takes!

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