

Guidelines For Pulmonary Rehabilitation Programs 4th Edition

Clinical Exercise Physiology, 4EACSM's Resource Manual for
Guidelines for Exercise Testing and PrescriptionCardiac
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clinical exercise physiology fourth edition with resource is the
most comprehensive guide to the clinical aspects of exercise
physiology covering 24 chronic conditions it is the go to book for
students preparing for acsm clinical exercise physiologist
certification

acsm s resource manual for guidelines for exercise testing and prescription was created as a complement to acsm s guidelines for exercise testing and prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the acsm the 7th edition provides information necessary to address the knowledge skills and abilities set forth in the new edition of guidelines and explains the science behind the exercise testing and prescription acsm s resource manual is a comprehensive resource for those working in the fitness and clinical exercise fields as well as those in academic training

the era of cardiac rehabilitation in the united states dates back at least thirty years when herman hellerstein at case western reserve andy wallace at duke and ken cooper in dallas envisioned that a comprehensive lifestyle approach to the rehabilitation and prevention of patients having had a cardiac event would potentially yield great benefits for the individual patient and the health care system until that time the thought of vigorous exercise in the cardiac patient soon after an event was close to anathema one of us wek was introduced to herman hellerstein in cleveland in the late 1960 s when his father sought medical opinion from him for a cardiac condition wek was introduced to andy wallace in 1979 by which time the latter had started a multidisciplinary geographically regional cardiac rehabilitation program at duke based upon consultations with hellerstein and cooper by then cardiac rehabilitation was progressing beyond the vision of exercise only and since then the concept of cardiac rehabilitation has grown into the comprehensive multidisciplinary program that we know today and that we attempt to describe in this volume the practice of cardiac rehabilitation has grown and metamorphosed in the last thirty years in parallel with the growth and metamorphosis of the practice of card vascular medicine during the formative stages of cardiac rehabilitation the use of coronary care units was in its infancy the coronary artery bypass operation was less than ten years old the lima bypass had not been invented

the thoroughly updated second edition of this key textbook provides an authoritative discussion of cardiovascular disease for the practicing primary care clinician it examines a variety of disease states with emphasis on risk factors risk estimation and established cardiac disease the book also explores the co morbid conditions that surround cardiovascular disease it includes key points algorithms case studies recommendations on evidence based practice and summary boxes a key resource for the busy practitioner the second edition of comprehensive cardiovascular medicine in the primary care setting is designed to give residents fellows and primary care physicians the skills to confidently perform assessments initiate and maintain efficacious therapy and know when a referral to a cardiologist is advisable

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