CONTENTS

About the author Dedication Foreword by Robert Schleip Foreword by Wilbour E Kelsick		vii
		viii ix
		xi
Preface		xiii
CHAPTER 1	About the book	1
PART 1 P	rinciples of management	
CHAPTER 2	A functional approach: individualizing the management	7
CHAPTER 3	A process approach: constructing a condition-specific management program	23
PART 2 S	upporting repair	
CHAPTER 4	Supporting recovery by repair	37
CHAPTER 5	Exercise prescription supporting repair	65
PART 3 S	upporting adaptation	
CHAPTER 6	Supporting recovery by adaptation	71
CHAPTER 7	The training conditions for functional adaptation	91
CHAPTER 8	Exercise prescription: task, component, and movement focus	109
CHAPTER 9	Activity grading within a functional approach	131
PART 4 S	upporting symptomatic alleviation	
CHAPTER 10	Symptomatic recovery	145
CHAPTER 11	Exercise and pain alleviation	159
CHAPTER 12	Exercise prescription for management of stiffness	175
PART 5 P	utting it all together	
CHAPTER 13	Shared management	187
CHAPTER 14	Summary: constructing a functional exercise management program	207
		2
Permissions Index		245 247