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The Washington Manual® Outpatient Medicine Survival Guide covers the most common diseases and situations encountered in an outpatient clinic and includes sections on key history and physical examination findings, red flags to look for, and advice on what to tell the patient.

Describes the basic biomechanics of running, provides exercises to increase joint and muscle flexibility, offers advice on nutrition, and includes information on the prevention and treatment of a variety of injuries and ailments.

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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.

An engaging reference for anyone who loves to run, or wants to learn to, includes lessons, warnings and instructional asides and covers everything from first aid and hydration to the dating lives of runners to race intricacies and urban pitfalls.

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clinicians through the fundamentals of using the medical literature to the more advanced strategies and skills for use in patient care, using the key questions to assess any new research: What are the results? How serious is the risk of bias? How do I apply the results to patient care? Updated real-world examples drawn from the medical literature New chapters that reflect the changing complexity of medical research and literature, including genetic association studies, systematic reviews and meta-analyses, network meta-analysis, noninferiority trials, quality improvement, and evidence-based medicine and the theory of knowledge New emphasis on understanding the role of patient preferences and preappraised resources that provide updated evidence and evidence-based recommendations for practice

This manual is the perfect pocket reference for all health care professionals who care for athletes, including sports medicine specialists, orthopaedic surgeons, family practitioners, physical therapists, and trainers. In a format designed for quick reference, the book provides comprehensive guidance on the full range of issues in sports medicine--from pre-participation examinations, protective equipment, and training, to care of specific medical problems and injuries, to summaries of what to expect in each particular sport.

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The flagship title of the certification suite from the American College of Sports Medicine, ACSM's Guidelines for Exercise Testing and Prescription is a handbook that delivers scientifically based standards on exercise testing and prescription to the certification candidate, the professional, and the student. The 9th edition focuses on evidence-based recommendations that reflect the latest research and clinical information. This manual is an essential resource for any health/fitness and clinical exercise professional, physician, nurse, physician assistant, physical and occupational therapist, dietician, and health care administrator. This manual give succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients.

Shortlisted for the 2015 Thwaites Wainwright prize for nature writing Richard Askwith wanted more. Not convinced running had to be all about pounding pavements, buying fancy kit and racking up extreme challenges, he looked for ways to liberate himself. His solution: running through muddy fields and up rocky fells, running with his dog at dawn, running because he's being (voluntarily) chased by a pack of

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bloodhounds, running to get hopelessly, enjoyably lost, running fast for the sheer thrill of it. Running as nature intended. Part diary of a year running through the Northamptonshire countryside, part exploration of why we love to run without limits, Running Free is an eloquent and inspiring account of running in a forgotten, rural way, observing wildlife and celebrating the joys of nature. An opponent of the commercialisation of running, Askwith offers a welcome alternative, with practical tips (learned the hard way) on how to both start and keep running naturally – from thawing frozen toes to avoiding a stampede when crossing a field of cows. Running Free is about getting back to the basics of why we love to run.

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