



# **The American Physical Therapy Association Book of Body Repair & Maintenance: Hundreds of Stretches & Exercises for Every Part of the Human Body**

*Steve Vickery, Marilyn Moffat*

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The new standard in fitness books, featuring hundreds of at-home stretches and exercises. At last, the first complete, fully illustrated compium of stretching and exercises for every part of the body, backed by the experience and medical and scientific authority of the American Physical Therapy Association. Each exercise in the book has been prepared and reviewed by a special editorial board, chaired by Dr. Marilyn Moffat, president emeritus of the APTA, and widely considered to be the preeminent expert in the field.

Broken down into three major sections, the book first offers illustrated descriptions of the structure and mechanics of each major body part, explaining what can go wrong and how to properly care for that area. A middle section provides general information on posture, body mechanics, weight control, aerobic conditioning, and maintenance programs. Each chapter references the main part of the book, the catalog of exercises.

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