

## Oefeningen Na Een Lumbale Hernia Operatie Geen Toegang

Advanced therapies and technologies, new service delivery methods, and care upgrades in underserved areas are translating into improved quality of life for millions with disabilities. Occupational therapy parallels this progress at the individual level, balancing short-term recovery and adaptation with long-term independence and well-being. This Second Edition of the International Handbook of Occupational Therapy Interventions builds on its ground-breaking predecessor by modelling current clinical standards rooted in scientific evidence-based practice. Its interventions are applied to a diverse range of client disabilities, with many new or rewritten chapters on workplace and vehicle accommodations, smart home technologies, end-of-life planning, and other salient topics. New introductory chapters spotlight core competencies in the field, from assessing client needs and choosing appropriate interventions to evaluating programs and weighing priorities. And for increased educational value, interactive case studies allow readers an extra avenue for honing clinical reasoning and decision-making skills. Of particular note is a new chapter providing a taxonomy—the Occupational Therapy Intervention Framework—and a validation study of its categories and concepts, delineating the occupational therapist's roles and the expected outcomes. Intervention areas featured in the Handbook include: ? Adaptive interventions, OTs manage and facilitate clients' adaptations. ? Learning interventions, OTs teach and the clients learn or relearn. ? Enabling interventions, OTs enable clients to be meaningfully occupied. ? Preventing interventions, OTs prevent ill-health and promote clients' ability to sustain health in daily life. The Second Edition of the International Handbook of Occupational Therapy Interventions is career-affirming reading for all members of rehabilitation teams, including occupational and physical therapists and rehabilitation nurses. Students intending to enter this growing field and professionals working toward its continued improvement will find it useful and inspiring.

Een selectie van hoofdstukken uit de uitgebreide serie 'Orthopedische Geneeskunde en Manuele Therapie'. Doordat de selectie geheel is toegesneden op de opleidingen is de voor de student overbodige wetenschappelijke stof hier weggelaten. Dat neemt niet weg dat alle belangrijke manueel therapeutische onderzoek- en behandeltechnieken educatief worden beschreven aan de hand van uitgebreid illustratiemateriaal.

First published in the late 19th century, this book is truly a work of remarkable coherence, comprehensiveness and depth of understanding. Steinbrecht's reputation as a master in the art of dressage makes The Gymnasium of the Horse a cornerstone of equestrian literature. Originally published in German; this translation from the 10th German edition by Helen K. Gible, into English. Sections are: Rider's Seat and Aids; Purpose of Dressage; Systematic Training of the Horse; School Movements; Epilogue. Scarce title and long awaited for the many dressage enthusiasts who are familiar with the thoroughness with which Steinbrecht first addressed this topic.

SportgeneeskundeBohn Stafleu van Loghum

Omdat het fenomeen 'lage rugpijn' een enorme impact heeft op zowel mens als maatschappij wordt er wereldwijd veel onderzoek naar gedaan. In hoog tempo volgen wetenschappelijke publicaties elkaar op en langzaam wordt het verhaal achter het raadsel 'lage rugpijn' duidelijker. De huidige stand van zaken wordt in dit praktijkgerichte boek beschreven aan de hand van concrete patiëntencasuïstiek. Bij iedere casus wordt het onderzoek, de diagnostiek en de behandeling beschreven, inclusief concrete oefenprogramma's welke zijn gebaseerd op de huidige internationale richtlijnen voor 'lage rugklachten'. Iedere patiëntencasus wordt voorzien van achtergrondinformatie en is rijk geïllustreerd met foto's en educatieve tekeningen. Behandeld worden onder meer: rugklachten bij kinderen, acute en chronische lumbago al of niet met uitstralende pijn in een been, hernia nuclei pulposi, verschillende vormen van kanaalstenose, lumbale fracturen en de spondyloartritis. Het boek is in het bijzonder bestemd voor fysiotherapeuten, kinesitherapeuten, oefentherapeuten, huisartsen, orthopeden en neurologen.

Creative Physical Education offers a flexible extended learning experience for children and teens that focuses on physical, cognitive, and interpersonal knowledge and skill development. A combination teacher's guide and student workbook, Creative Physical Education has everything you need, including a CD-ROM of printable and adaptable class materials. Creative Physical Education presents a project framework that you can adapt to fit the needs of your class. Great for physical education teachers looking for a fresh approach, Creative Physical Education also makes an excellent structured project for classroom teachers working with physical education. Creative Physical Education begins with a teacher's guide that details the underlying pedagogical models behind the project. Rather than focusing on one approach, Creative Physical Education integrates a number of pedagogical models and describes how these can be combined to form a creative PE project. This all-in-one resource includes a student workbook with all the worksheets needed for each part of the project. The project worksheets are included on the accompanying CD-ROM and can be modified as needed and printed for use. In addition, homework items offer ways to reinforce concepts learned in class. Creative Physical Education progresses students through team building, game creation, organizing a season, and practicing skill development. In the first part of the project, you'll help students discover the essentials of working in teams, the benefits of a team approach, and characteristics of successful teams. The developing teams will then create their own games. Creative Physical Education provides you with all the necessary tools and ideas for this task. Through this section, the student teams discuss the ingredients of a game, plan their own team game, and teach it to other teams. The students are also involved in evaluating and reflecting on the games of others. After this, you'll help students use their games to create one game for the whole class, which they play over the course of a larger-scale sporting season. Through regular participation, students improve their knowledge and skills and learn the strategies of their game. This section of the project also helps students experience a range of roles, always as a member of a team. In the final section you'll help students improve their tactics and skills through practice. By critically assessing the teamwork, skill, strategy, and fitness requirements of their particular game, students learn how to improve their individual and team performance. Activities in this final part also allow students to celebrate their success and reflect on their project. This student-directed creative PE project offers students a new way to enjoy and learn from sport while also offering the possibility of integrating other curriculum areas with physical education. With step-by-step guidance and a full set of class materials, you'll have everything you need to implement a fun, creative learning experience for your class. Find new ways to move, create, and collaborate with Creative Physical Education.

This best selling manual has been fully revised and updated with the latest information. New chapters include neurological genetic disease testing and counselling; adjunctive therapies; and nutrition. This edition will also feature a DVD-ROM with video clips. Discussing sports injuries, their prevention and treatment, this book is for physiotherapists involved in the treatment of injured sportspeople.

As medical knowledge advances we tend to compartmentalise our specialties into smaller units; but, hand in hand with this, there is a growing understanding between the different disciplines within the caring professions. Thus we are able to share our special skills to the benefit of patients. This book is an excellent example of the advantage of interdisciplinary communication and demonstrates a refreshing holistic approach to the problems of incontinence and pelvic pain. Written with physiotherapists in mind, the editors have invited contributions from many distinguished experts in their own field. These have been compiled into a comprehensive book, which will appeal to many healthcare professionals. I have had great pleasure in reading this book. During the time that I have been involved with 'pelvic dysfunction' there have been many exciting advances. These are all included in a most readable sequence, some presented with a refreshing new twist. In particular, I would like to bring to your attention the section on 'pelvic pain'. Because of our lack of understanding it has been a problem that is too often ignored and here at last are some practical ideas for therapeutic management. There is still much progress to be made in the field of incontinence and pelvic pain and as yet, no editors can be expected to produce a definitive work. However, I would like to recommend this book most strongly. It has a new approach to this topic, which is still a major problem for many people.

A member of the first generation of scholars allowed access to formerly closed Soviet archives, Daniel Peris offers a new perspective on the Bolshevik regime's antireligious policy from 1917 until 1941. He focuses on the activities of the League of the Militant Godless, the organization founded by the regime in 1925 to spearhead its efforts to promote atheism and he presents the League's propaganda, activities, and personnel at both the central and the provincial levels. On the basis of his research in archives in rural Pskov and industrial Iaroslavl', as well as in the central party and state archives in Moscow, Peris emphasizes the transformation of the ideological agenda formulated in Moscow as it moved to its intended audience. *Storming the Heavens* places the League within the broader context of a Bolshevik political culture that often acted at cross purposes to undermine the regime's stated goals. The League's lack of success, argues Peris, reflects the bureaucratic orientation of Bolshevik political culture, particularly in how it pursued the radical social vision of 1917. His book provides a framework for understanding secularization in revolutionary contexts as well as contributing to the on-going reassessments of the Bolshevik era.

Dr. John E. Sarno's groundbreaking research on TMS (Tension Myoneural Syndrome) reveals how stress and other psychological factors can cause back pain-and how you can be pain free without drugs, exercise, or surgery. Dr. Sarno's program has helped thousands of patients find relief from chronic back conditions. In this New York Times bestseller, Dr. Sarno teaches you how to identify stress and other psychological factors that cause back pain and demonstrates how to heal yourself--without drugs, surgery or exercise. Find out: Why self-motivated and successful people are prone to Tension Myoneural Syndrome (TMS) How anxiety and repressed anger trigger muscle spasms How people condition themselves to accept back pain as inevitable With case histories and the results of in-depth mind-body research, Dr. Sarno reveals how you can recognize the emotional roots of your TMS and sever the connections between mental and physical pain...and start recovering from back pain today.

Diagnose en Therapie is het standaardnaslagwerk voor diagnostiek en behandeling van de meest voorkomende ziektebeelden in de huisartsenpraktijk. Met als uitgangspunt de organen en de orgaansystemen worden bijna 1.000 klinische beelden beschreven. De diagnostiek en behandeling van deze ziektebeelden worden op een beknopte, heldere wijze behandeld door vakexperts, huisartsen en apothekers, de beste combinatie om de klinische relevantie voor de huisartsenpraktijk te waarborgen. Daarnaast behandelt Diagnose en therapie uitgebreid de indicatiestellingen en de therapieën met de meest voorgeschreven geneesmiddelen in de huisartsenpraktijk. Diagnose en therapie verschijnt jaarlijks in een geheel geactualiseerde editie. Regelmatig worden nieuwe hoofdstukken toegevoegd en verbeteringen doorgevoerd. In deze editie zijn vier nieuwe hoofdstukken opgenomen. Een abonnement op Diagnose en therapie is mogelijk. Niet alleen zijn abonnees verzekerd van actuele en complete informatie, zij hebben bovendien exclusief toegang tot de bijbehorende online-edities. Tot slot is Diagnose en therapie ook verkrijgbaar als pda-applicatie.

The New York Times bestselling guide to a healthy and pain-free life. Musculoskeletal pain disorders have reached epidemic proportions in the United States, with most doctors failing to recognize their underlying cause. In this acclaimed volume, Dr. Sarno reveals how many painful conditions-including most neck and back pain, migraine, repetitive stress injuries, whiplash, and tendonitis-are rooted in repressed emotions, and shows how they can be successfully treated without drugs, physical measures, or surgery. "My life was filled with excruciating back and shoulder pain until I applied Dr. Sarno's principles, and in a matter of weeks my back pain disappeared. I never suffered a single symptom again...I owe Dr. Sarno my life." - Howard Stern

The result of more than two decades of research and practice, *The Endless Web* presents in clear, readable language a comprehensive guide to understanding and working effectively with the myofascial system, the 'packing material' of the body. Myofascia is a flexible network of tissue that surrounds, cushions, and supports muscles, bones, and organs. It also acts as a riverbed containing the flow of interstitial fluid, and is a critical influence on the immune and hormonal systems. In daily life, this connective tissue is an underlying determinant of movement quality, mood, alertness, and general well-being. *The Endless Web* is a fully illustrated guide to understanding how myofascia works, its supportive role within the body's anatomy, and how gentle manipulation of the myofascial tissue is central to lasting therapeutic intervention and how it can be integrated into any bodywork practice.

Studieboek op hbo-niveau.

This market-leading guide covers all aspects of cerebrovascular disease, stroke syndromes, causes, prevention, evaluation and management.

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Now in a new edition, this volume provides extensive coverage of the growing role of general practice in caring for those afflicted with long-term diseases. All chapters have been thoroughly revised and updated, and all major chronic diseases are covered, including asthma, bronchitis, diabetes, and epilepsy. New chapters provide full treatment of occupational medicine, and chest, heart, and neurological problems. The text also includes information on performance review and patient education, as well as drug therapy and psychological aspects of disease, while illustrating how good practice management and organization can make a vital difference in quality of care.

The only condensed, full-color reference in the field! Spine in Sports reference includes coverage of general spine fitness/preparation in sports, age related spine changes in the athlete, as well as, sports specific spine disorders/maintenance. Emphasis on individual sports and their affect on the spine. Section on disabled athletes, pediatrics and geriatrics. Experts in the field express personal experiences based on their specialties - spine surgeons, non-operative spine physicians, and therapists.

Sport gaat een steeds voornamere rol spelen in onze huidige samenleving. Sportgeneeskunde is als een nieuw onderwerp in de reeks Praktische huisartsgeneeskunde daarom goed op z'n plaats. Dit praktische kwaliteitshandboek is een onmisbaar element in de advisering van de huidige (in-)actieve mens. Sportgeneeskunde biedt huisartsen en huisartsen in opleiding de mogelijkheid hun kennis op het gebied van de sportgeneeskunde te actualiseren en te concretiseren maar is zeker ook interessant voor onder meer de sportarts, revalidatiearts en fysiotherapeut. In Sportgeneeskunde geven deskundigen vanuit diverse praktijken, ziekenhuizen en instellingen in Nederland een overzicht van het kennisdomein van de sportgeneeskunde. Het boek omvat vijf delen. In het eerste deel komen positieve en negatieve aspecten van bewegen en de epidemiologie van sportblessures aan bod. In het tweede deel wordt aandacht besteed aan sport en bewegen bij specifieke groepen, bij: jeugd, volwassenen, ouderen, verstandelijk gehandicapten en zwangeren. Het derde deel behandelt het nut van bewegen van mensen met een chronische ziekte, als epilepsie, hartziekte, diabetes mellitus, astma, artrose en osteoporose. In het vierde deel worden de mogelijke sportblessures per lokalisatie beschreven, van hoofd tot voet. Het vijfde deel schetst verschillende maatregelen ter preventie van sportletsel. De heldere structuur en de vele illustraties maken Sportgeneeskunde zeer bruikbaar in praktijk en studie. Sportgeneeskunde verschijnt in de reeks Praktische huisartsgeneeskunde. In deze reeks verschijnen uitgaven met praktische en klachtgerichte informatie over de verschillende deelgebieden in de huisartsgeneeskunde.

In this comprehensive and original monograph, Professor Rene Louis presents in minute detail in one volume the gross anatomy, nerve supply, biomechanics, and microcirculation of the spine. He also presents the surgical approaches to the vertebral bodies and their contents. Professor Louis is a great anatomist and this book has been prepared from his personal observations, both anatomical and surgical. His studies have been meticulously conducted and contain much original research, for instance his work on the motion of the neural elements within the lumbar vertebral canal. The illustrations are nearly all original and very often a photograph of the neural or vascular elements is presented alongside a drawing of a given important anatomical area. For all these reasons, this inspiring treatise makes a valuable contribution to our knowledge of the spine and forms a basis for an understanding of the intricacies of surgical anatomy and approaches. It will be especially valuable to the spinal surgeon, but the medical student, the orthopedic resident (or registrar), and the anatomist will also find it extremely useful. Leon L. Wiltse, M.D.

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Based on over a decade of research and observation conducted by the members of the Harms Study Group and other spinal deformity experts from around the world, this must-have clinical reference provides focused coverage of the most current evaluation and treatment guidelines for idiopathic scoliosis. It draws on case studies to guide readers through specific surgical and nonoperative approaches to the multiple types of adolescent idiopathic spinal deformity, including practical information on the rationale for each approach, techniques, and results. Features: In-depth information culled from vast clinical data of world-renowned experts in the Harms Study Group Curve assessment and treatment recommendations listed by curve type and pattern - Comprehensive discussion of pathogenesis and epidemiology, osteobiologics for spinal fusion, anesthesia for scoliosis surgery, surgical complications, and more Chapters on key treatment decisions, such as the selection of fusion levels, that teach readers how to critically address clinical questions More than 600 high-quality illustrations, including numerous full-color clinical photographs, detailed line drawings, and complementary high-resolution radiographs This state-of-the-art text is ideal for orthopaedic surgeons, neurosurgeons, and spine fellows, and is an invaluable companion for any practitioner involved in the surgical and nonsurgical care of patients with spinal deformity.

Trigger point therapy is one of the fastest-growing and most effective pain therapies in the world. Medical doctors, chiropractors, physical therapists, and massage therapists are all beginning to use this technique to relieve patients' formerly undiagnosable muscle and joint pain, both conditions that studies have shown to be the cause of nearly 25 percent of all doctor visits. This book addresses the problem of myofascial trigger points—tiny contraction knots that develop in a muscle when it is injured or overworked. Restricted circulation and lack of oxygen in these points cause referred pain. Massage of the trigger is the safest, most natural, and most effective form of pain therapy. Trigger points create pain throughout the body in predictable patterns characteristic to each muscle, producing discomfort ranging from mild to severe. Trigger point massage increases circulation and oxygenation in the area and often produces instant relief. The Trigger Point Therapy Workbook, Third Edition, has made a huge impact among health professionals and the public alike, becoming an overnight classic in the field of pain relief. This edition includes a new chapter by the now deceased author, Clair Davies' daughter, Amber Davies, who is passionate about continuing

her father's legacy. The new edition also includes postural assessments and muscle tests, an illustrated index of symptoms, and clinical technique drawings and descriptions to assist both practitioners and regular readers in assessing and treating trigger points. If you have ever suffered from, or have treated someone who suffers from myofascial trigger point pain, this is a must-have book.

In most industries, musculoskeletal injuries are the most common work-related reason for employee absences. These injuries are often caused by static postures or repetitive movements that have to be maintained for many hours a day, such as intensive use of data entry devices, assembly work, parts inspection, equipment maintenance, manual materials handling, machinery operations, and vehicle operation, among others. In order to prevent such injuries, occupational health professionals, ergonomists, production engineers, and product designers need to know how to evaluate postures and movements, and understand how these are determined by the work environment, as well as what design tools are available to achieve less stressful working postures and movements. *Working Postures and Movements* describes many internationally accepted evaluation tools applicable to postures and movements in the work environment. Renowned researchers from around the world have brought together the latest scientific knowledge describing the anthropometry, biomechanics, physiology, psychophysics, and human perceptual-motor control basis for posture and movement assessment related to all the major body segments. The book addresses seating concepts, hand tool and pedal designs, foot-floor interfaces, digital human models for computer-aided design and engineering, and work organization (task duration, breaks, handling frequency) as they affect human performance and musculoskeletal injury reduction. Professionals responsible for identifying and improving conditions in the industries where such workplace injuries occur will find this volume to be a handy sourcebook, while teachers and students will find it to be a valuable reference.

*Macnab's Backache, Fourth Edition* is an enhancement and update of Ian Macnab's classic principles of spinal anatomy and pathology, which form the cornerstones of clinical evaluation and treatment of spinal disorders. This edition is geared to practitioners in a wide variety of specialties and emphasizes the initial evaluation and treatment of patients with back pain and/or sciatica. The book thoroughly describes and illustrates the pathoanatomy of various spinal disorders and its correlation with clinical symptoms. Also included are chapters on history taking, examination of the back, differential diagnosis of low back pain, pain management, and a new chapter on injections.

For many complaints and conditions, the benefits from surgery are lower, and the risks higher, than you or your surgeon think. In this book you will see how commonly performed operations can be found to be useless or even harmful when properly evaluated. That these claims come from an experienced, practising orthopaedic surgeon who performs many of these operations himself, makes the unsettling argument particularly compelling. Of course no surgeon is recommending invasive surgery in bad faith, but Ian Harris argues that the evidence for the success for many common operations, including knee arthroscopies, back fusion or cardiac stenting, become current accepted practice without full examination of the evidence. The placebo effect may be real, but is it worth the recovery time, expense and discomfort?

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This authoritative, research-based book, written by a team of clinical experts, offers an introduction to the symptoms and causes of disordered breathing as well as the strategies and protocols that can be used to correct and restore normal breathing. *Multidisciplinary Approaches to Breathing Pattern Disorders* guides readers through a discussion of the current research that links disordered breathing patterns with perceived pain levels, fatigue, stress and anxiety. Basic mechanics, physiology, and biochemistry of normal breathing are outlined to lay a foundation for understanding causes and mechanics of disordered breathing. Self-help strategies with charts and workbook pages that may be photocopied as handouts are designed to help patients overcome specific breathing problems. "...this second edition is particularly outstanding, providing a good basis of practical hands-on techniques, well supported by pictures and the website, and giving specific focus on sports, speech and chronic pain." Reviewed by Janet Rowley on behalf of the *New Zealand Journal of Physiotherapy*, January 2015 "...a fantastic resource which will help students, clinicians, and physiotherapists to carry out effective evaluation and treatment in an acute care setting." Reviewed by Poonam Mehta on behalf of the *New Zealand Journal of Physiotherapy*, January 2015

*Veterinary Ocular Pathology: A Comparative Review* links the clinical features of ocular disease with gross and microscopic pathology to demonstrate the essential features observable during diagnosis. It is designed to be kept next to the microscope as an invaluable guide to accurate diagnosis in ocular pathology. The book presents a wide range of images of the highest quality. A unique and distinctive feature is the juxtaposition of clinical and pathological images while offering detailed enumeration of the diagnostic features. Expert comparative comments by Dr Daniel Albert and contextual information on relative incidence are provided throughout. The authors address spontaneous disease of the eye in all animal species, with a particular emphasis on companion species. In addition, specific, common or interesting conditions of exotic species are included. A convenient, comprehensive and easy-to-use reference for veterinary pathologists, veterinary ophthalmologists, students and comparative vision scientists. The first text devoted to the pathology of spontaneous diseases of the eyes and periocular tissues of domestic animal species Exceptionally high quality illustrations are presented throughout, demonstrating clinical features, gross pathology and histopathology Written by pathologists and clinicians Includes a chapter devoted to the pathology of conditions associated with glaucoma in domestic animals

In the second edition of this successful book, the authors have again worked closely together as a team to produce a seamless and consistently styled account of the diagnosis and management of stroke. What is different about this book? As many of the excellent reviews of the first edition point out, it presents a unique approach to stroke, both from the

uniformity and clarity of the style (achievable only by a team working very closely together) and the integrated clinical management that weaves together causation, presentation, diagnosis, management and rehabilitation. This book deliberately poses and answers many of the burning questions and controversies in stroke and achieves a rare combination of readability and broad coverage.

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