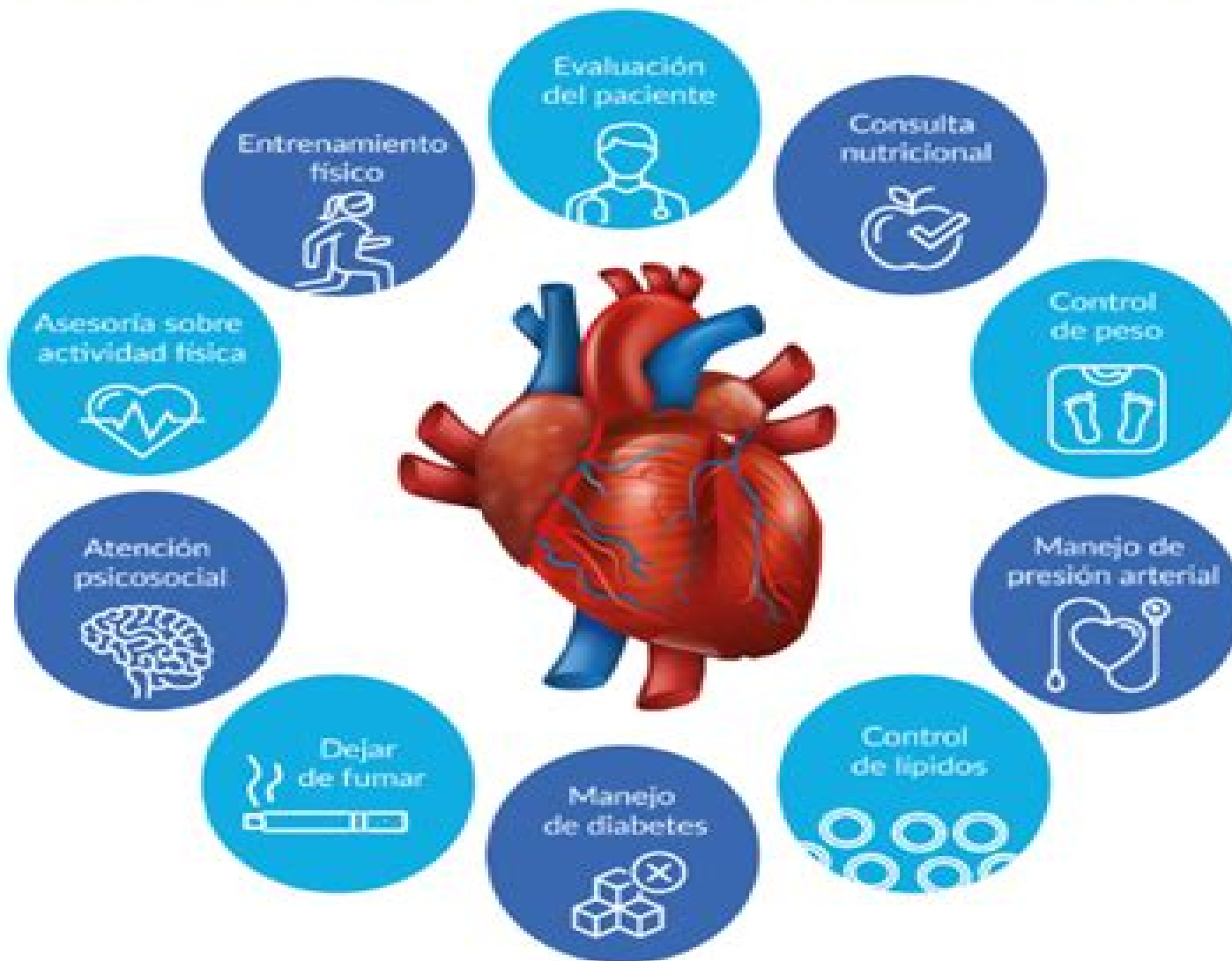


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Rehabilitacion Cardiaca

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REHABILITACIÓN CARDÍACA. La forma física del adulto y las pruebas de esfuerzo Paul S. Fardy, Frank G.

Yanowitz, 2003-09-09 Rehabilitación cardíaca subraya la importancia de la medicina preventiva general al mismo tiempo que sintetiza y pone al día la base de los conocimientos sobre la disciplina. El libro se divide en cinco partes. Parte I Presenta información fundamental sobre los programas de prevención junto con una revisión de los conceptos anatómicos y fisiológicos relevantes para el entrenamiento físico y las pruebas de esfuerzo. Parte II Trata los procedimientos diagnósticos se describen las técnicas de evaluación las pruebas de esfuerzo y la posterior prescripción de ejercicio. Parte III Desarrolla un análisis de los factores clave que se deben tener en cuenta a la hora de implementar un programa de rehabilitación cardíaca y de forma física del adulto. Parte IV Describe las tres fases de la rehabilitación cardíaca que tienen por objetivo que el paciente se comprometa a llevar una vida sana y a hacer ejercicio físico con regularidad. Parte V Explora las distintas perspectivas sobre el papel emergente de la promoción de la salud y la calidad de vida así como la prevención de enfermedades.

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clínica del ejercicio José López Chicharro, Luis Miguel López Mojares, 2008-07 Las investigaciones científicas indican que el

ejercicio moderado practicado con regularidad varias veces por semana aade a os a la vida humana rebaja significativamente los riesgos de padecer un gran número de enfermedades y es una herramienta eficaz en el tratamiento de muchas patologías. Este es el marco general en el que se engloba la presente obra fruto del trabajo de un amplio grupo de expertos en actividad física aplicada a las enfermedades prevalentes que más pueden beneficiarse de ella coordinados por José López Chicharro y Luis Miguel López Mojares. Después de una introducción preliminar se analizan las principales patologías cardiovasculares pulmonares neuromusculares metabólicas oncológicas y locomotoras. Seguidamente se estudian las poblaciones especiales que requieren una aplicación especial del ejercicio físico como niños ancianos o mujeres embarazadas. Se concluye con un capítulo dedicado a los trastornos psicológicos. Todos estos aspectos se explican con un lenguaje accesible pero riguroso con el que se describen las limitaciones al ejercicio de cada caso el modo de llevar a cabo la evaluación funcional y la aplicación correcta del ejercicio físico más adecuado en cada caso para obtener los mejores beneficios y minimizar así el riesgo. *Rehabilitación en salud, 2.ª edición* Fabio Salinas Durán, 2008 *Salud integral del deportista* José Ricardo Serra Grima, 2000-12-21

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