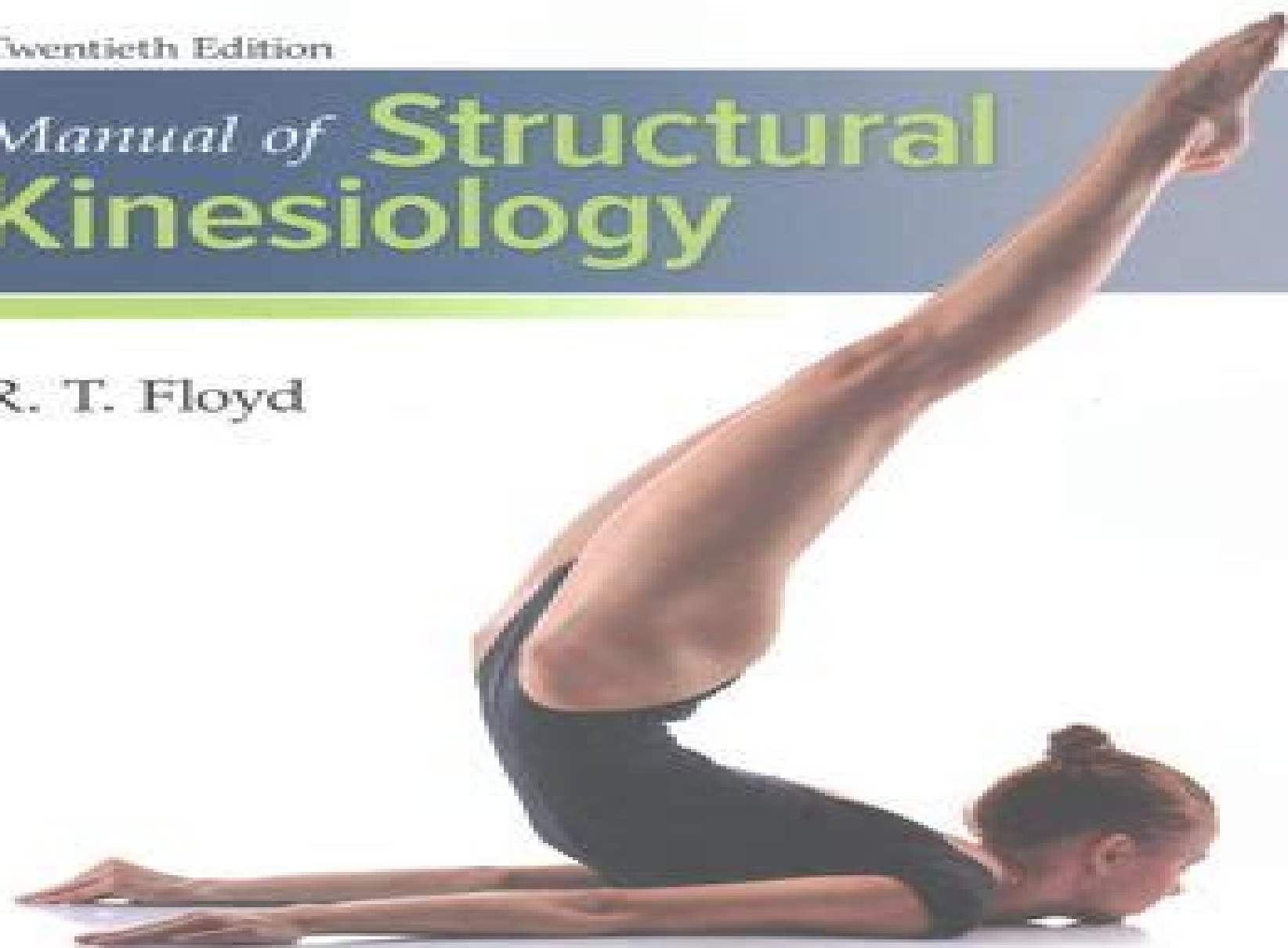


Twentieth Edition

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reflectory points and zones We propose our own theory for explanation of pathogenetic mechanisms of action of physical  
modalities on the nociceptive and neuropathic pain Pain management is an important part of rehabilitation algorithms in  
clinical practice We present our own experience and results in patients with conditions of the nervous and motor systems The  
conclusion of our own modest clinical experience of 30 years is the capacity of physical modalities to reduce pain is  
significant Physical analgesia has not side consequences and may be applied in combination with other therapeutic factors  
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Physiology II Training the Cardiorespiratory and Muscular Systems III Training and Performance IV Exercise Is Medicine V

Exercise Biomechanics VI Anatomy of Sports and Exercise VII The Profession of Exercise Physiology Each chapter begins with an overview of the chapter objectives presented in the form of individual questions Chapters conclude by providing students with a list of key terms a chapter outline glossary study questions suggested readings and references to further student learning Includes a discussion around the importance of exercise physiology as a profession and covers the future challenges for exercise physiologists the basics of the change process and the importance of a professional organization

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