



Exercise Prescription for Medical Conditions: Handbook for Physical Therapists

Catherine C. Goodman PT MBA CBP, Kevin Helgeson PT DHSc

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What is the best exercise for a client with...cancer... diabetes... heart disease... or a hip replacement along with hypertension?

How much? How often? At what intensity?

Catherine Goodman, PT, MBA, and Kevin Helgeson, PT, DHSc, built on physical therapists' extensive knowledge of pathology, physiology, and exercise to develop this evidence-based guide to enhancing their role in prevention and wellness, even for the medically compromised patient.

This outstanding resource delivers the information you need to implement the exercise programs that will improve the quality of life for your patients.

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