



Rehabilitatives Training zur Schmerzfreiheit und Beweglichkeit im Schulterbereich: Trainingsplan (Trainingslehre IV) (German Edition)

Christina Reuter

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Studienarbeit aus dem Jahr 2013 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 2,7, Deutsche Hochschule für Prävention und Gesundheitsmanagement GmbH, Sprache: Deutsch, Abstract: EA

1) Diagnose/ Anamnese

a) Allgemeine Personendaten

b) Spezifische Anamnesedaten

c) Funktionsdiagnostik

d) Bewertung der Diagnosedaten

EA 2) Zielsetzung/ Prognose

Unter Berücksichtigung der ermittelten Diagnose- und Anamnesedaten wurden folgende Zielsetzungen für das rehabilitative Training festgelegt.

EA 3) Trainingsplanung Makrozyklus

EA 4) Trainingsplanung Mesozyklus

EA 5) Literaturrecherche

Training zur Stärkung der Rotatorenmanschette

Trainingsprogramme an der Achillessehne

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Literaturverzeichnis



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From reader reviews:

Cheree Rodriquez:

Typically the book Rehabilitatives Training zur Schmerzfreiheit und Beweglichkeit im Schulterbereich: Trainingsplan (Trainingslehre IV) (German Edition) will bring that you the new experience of reading some sort of book. The author style to clarify the idea is very unique. Should you try to find new book to see, this book very ideal to you. The book Rehabilitatives Training zur Schmerzfreiheit und Beweglichkeit im Schulterbereich: Trainingsplan (Trainingslehre IV) (German Edition) is much recommended to you to read. You can also get the e-book from the official web site, so you can more easily to read the book.

Gordon Woods:

This Rehabilitatives Training zur Schmerzfreiheit und Beweglichkeit im Schulterbereich: Trainingsplan (Trainingslehre IV) (German Edition) is great publication for you because the content which can be full of information for you who also always deal with world and still have to make decision every minute. This particular book reveal it facts accurately using great plan word or we can state no rambling sentences in it. So if you are read this hurriedly you can have whole data in it. Doesn't mean it only provides straight forward sentences but challenging core information with splendid delivering sentences. Having Rehabilitatives Training zur Schmerzfreiheit und Beweglichkeit im Schulterbereich: Trainingsplan (Trainingslehre IV) (German Edition) in your hand like obtaining the world in your arm, details in it is not ridiculous one particular. We can say that no book that offer you world inside ten or fifteen minute right but this reserve already do that. So , this can be good reading book. Hi Mr. and Mrs. active do you still doubt this?

Warren Cruz:

The book untitled Rehabilitatives Training zur Schmerzfreiheit und Beweglichkeit im Schulterbereich: Trainingsplan (Trainingslehre IV) (German Edition) contain a lot of information on the idea. The writer explains her idea with easy technique. The language is very simple to implement all the people, so do not worry, you can easy to read this. The book was written by famous author. The author gives you in the new age of literary works. It is easy to read this book because you can read more your smart phone, or device, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can open their official web-site and also order it. Have a nice study.

Cory Thomas:

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