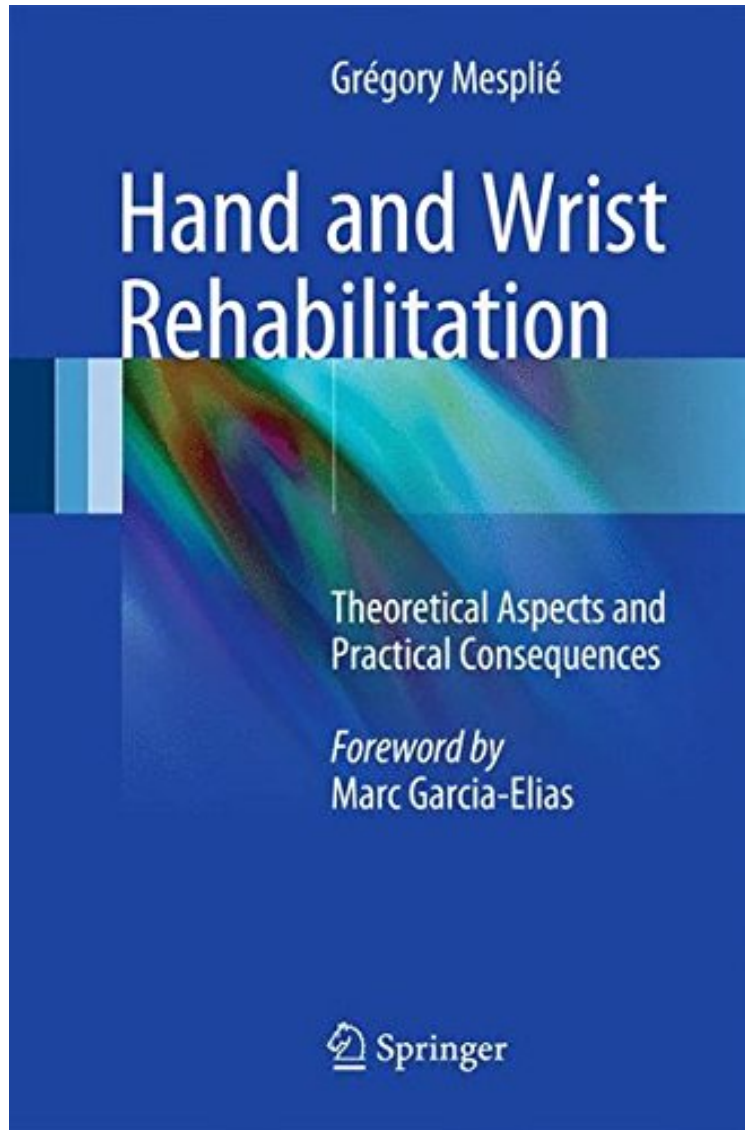


Hand and Wrist Rehabilitation: Theoretical Aspects and Practical Consequences

Grgory Mespli

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This work demonstrates that hand and wrist rehabilitation calls for precise anatomical, biomechanical, and physiological expertise, as well as mastery of manual techniques and targeted physiotherapy. Particular attention is given to the complementarity between theoretical knowledge and practical aspects; accordingly, refreshers on the underlying theory; descriptions of the rehabilitation protocols and the specific manual and instrumental techniques; and the type of orthosis used depending on the delay of healing are provided for each pathology. This publication will appeal to a broad readership, from physiotherapists and occupational therapists, to surgeons and practitioners specialized in physical rehabilitation, to students in the fields of physiotherapy and occupational therapy.

This is a useful guide to the range of therapeutic modalities and the proper time course for their use. Hand therapists can use this book as a road map to the treatment of hand surgery patients across a range of hand disorders. Hand surgeons can use the book to familiarize themselves with the spectrum of hand therapy techniques. A useful addition to the library of all of those who strive to provide the best care for hand patients. (Alfonso Mejia, *Doody's Books*, February, 2016)

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