The Physiology of Exercise in Spinal Cord Injury (Physiology in Health and Disease)

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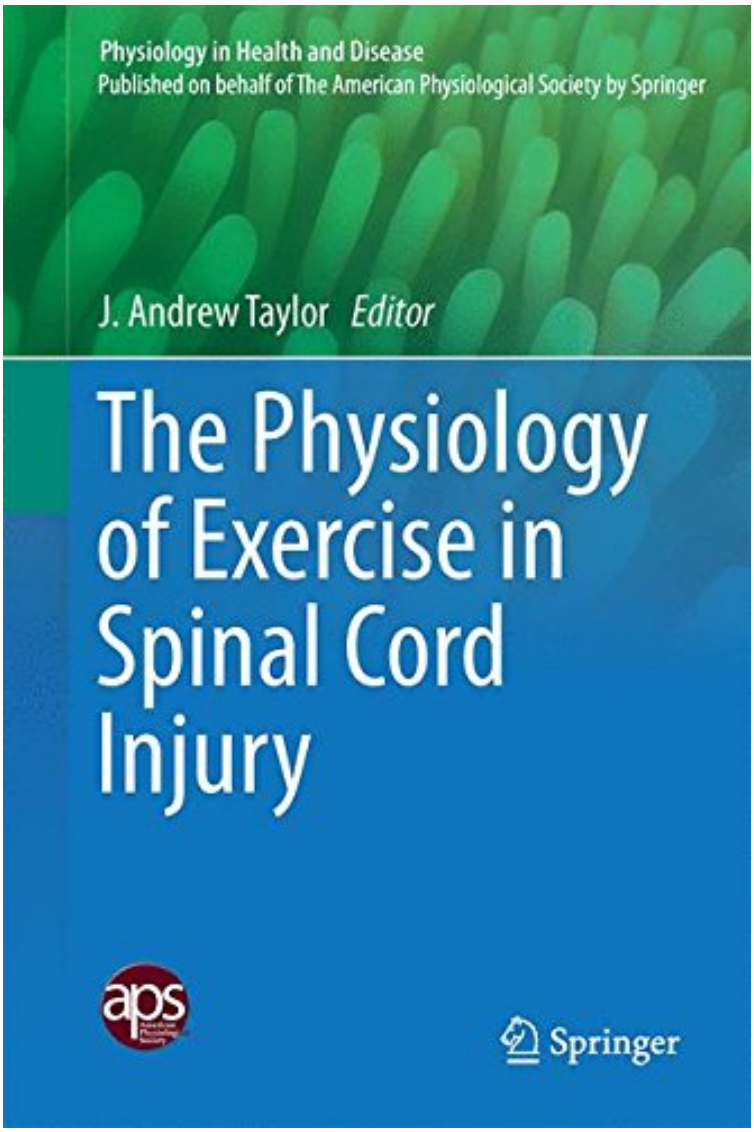

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From Springer : The Physiology of Exercise in Spinal Cord Injury (Physiology in Health and Disease) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Physiology of Exercise in Spinal Cord Injury (Physiology in Health and Disease):

Every year, around the world, between 250,000 and 500,000 people suffer a spinal cord injury (SCI). Those with an SCI are two to five times more likely to die prematurely than people without a spinal cord injury, with worse survival rates in low- and middle-income countries. Dynamic aerobic requires integrated physiologic responses across the musculoskeletal, cardiovascular, autonomic, pulmonary, thermoregulatory, and immunologic systems. Moreover, regular aerobic exercise beneficially impacts these same systems, reducing the risk for a range of diseases and maladies. This book will present comprehensive information on the unique physiologic effects of SCI and the potential role of exercise in treating and mitigating these effects. In addition, it will incorporate work from scientists across a number of disciplines and have contributors at multiple levels of investigation and across physiologic systems. Furthermore, SCI can be considered an accelerated form of aging due to the severely restricted physical inactivity imposed, usually at an early age. Therefore, the information presented may have a broader importance to the physiology of aging as it relates to inactivity. Lastly, the need for certain levels of regular aerobic exercise to engender adaptations beneficial to health is not altered by the burden of an SCI. Indeed, the amounts of exercise necessary may be even greater than the able-bodied due to passive ambulation. This book will also address the potential health benefits for those with an SCI that can be realized if a sufficient exercise stimulus is provided.

This book offers a well-written and well-referenced comprehensive review of the physiological responses to exercise performed by people with spinal cord injury. Rehabilitation clinicians are likely to find this book of particular interest, as will clinical researchers who are investigating this important and increasingly commonly studied topic. a much needed and unmatched single comprehensive reference for professionals who are studying and designing clinical, community, or research programs on the topic of exercise for people with spinal cord injury. (Elliot J. Roth, Doodys Book s, April, 2017)From the Back CoverEvery year, around the world, between 250,000 and 500,000 people suffer a spinal cord injury (SCI). Those with an SCI are two to five times more likely to die prematurely than people without a spinal cord injury, with worse survival rates in low- and middle-income countries. Dynamic aerobic requires integrated physiologic responses across the musculoskeletal, cardiovascular, autonomic, pulmonary, thermoregulatory, and immunologic systems. Moreover, regular aerobic exercise beneficially impacts these same systems, reducing the risk for a range of diseases and maladies. This book will present comprehensive information on the unique physiologic effects of SCI and the potential role of exercise in treating and mitigating these effects. In addition, it will incorporate work from scientists across a number of disciplines and have contributors at multiple levels of investigation and across physiologic systems. Furthermore, SCI can be considered an accelerated form of aging due to the severely restricted physical inactivity imposed, usually at an early age. Therefore, the information presented may have a broader importance to the physiology of aging as it relates to inactivity. Lastly, the need for certain levels of regular aerobic exercise to engender adaptations beneficial to health is not altered by the burden of an SCI. Indeed, the amounts of exercise necessary may be even greater than the able-bodied due to passive ambulation. This book will also address the potential health benefits for those with an SCI that can be realized if a sufficient exercise stimulus is provided.About the AuthorDr. Taylor is an integrative physiologist with a research focus on the human cardiovascular system and the effects of aging, exercise, and pathophysiology. He has conducted clinical/translational research on cardiovascular autonomic control at Harvard Medical School for over twenty years. His work has ranged across various pathophysiologic conditions, including chronic fatigue syndrome, disorders of sleep, and traumatic brain injury. A current primary area of research is exercise for those with spinal cord injuries to prevent inactivity-related cardiovascular deficits.