



Book review: Lloret, M. (2023). *RITME Training. Readaptación inicial con técnicas motrices y ejercicios*

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Mountain biker enjoying
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RITME Training is a book that, under a solid and simple theoretical foundation, shows how to apply the current proposals for the rehabilitation of some of the most common injuries, such as back pain and neck pain. The aim of this paper is to show basic motor tasks and exercises for the initial rehabilitation of people with specific and non-specific chronic low back pain and cervical pain. The exercises presented are aimed at sedentary people and are the basis of a progression that aims to lay the foundations for improving quality of life.

Lloret explains and justifies a wide range of tasks to start the process of readaptation of these disorders so that graduates in Physical Activity and Sport Sciences can prescribe, supervise and regulate their volume and intensity, as well as determine those tasks that are suitable for each user according to their individual needs. These initial exercises are known as spinal unloading, and are proposed in a horizontal position for low back pain and in a horizontal position and standing upright for cervical pain. Progression will evolve towards more complex exercises. In turn, these supervised tasks are classified as muscle toning or stretching.

Readers interested in the subject matter and its application will appreciate the structure of the content, which reflects the author's extensive field experience. It facilitates practitioners' understanding and reasoning in the choice of exercises. It is not only a work that allows programming for a specific injury; it is a useful tool for learning in the field of rehabilitation. Its logic will allow those with an academic background to develop new proposals in this professional field.



RITME TRAINING. READAPTACIÓN INICIAL CON TÉCNICAS MOTRICES Y EJERCICIOS

Mario Lloret

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