



# Conditioning with Physical Disabilities

*Kevin F. Lockette, Ann M. Keyes*

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# Conditioning with Physical Disabilities

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Conditioning With Physical Disabilities is the first practical, authoritative exercise guide for people with all classifications and levels of physical disabilities. Kevin Lockette and Ann Keyes share the successful strength and conditioning programme they created at the highly regarded Rehabilitation Institute of Chicago. Their pioneering programme is now the leading exercise approach for people with physical disabilities. This highly readable fitness manual contains safe, easy-to-use exercises, accompanied by step-by-step descriptions and more than 250 helpful illustrations. And because the exercise programmes are tailored to specific disabilities and levels of functioning, virtually anyone-regardless of disability-will be able to use Conditioning With Physical Disabilities and enjoy the rewards of physical activity.

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