APPENDIX: RESOURCE LIST

BIBLIOGRAPHY AND RECOMMENDED READING

Anderson and Hall Fundamentals of Sports Injury Management Williams and Wilkins [1997] Maryland, USA
Bird and Smith Exercise Benefits and Prescription Stanley Thornes [1998] UK
Briggs Sports Therapy: Theoretical and Practical Thoughts and Considerations Corpus Publishing [2001] Chichester, UK
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Durstine and Moore ACSM’s Exercise Management for Persons with Chronic Diseases and Disabilities 2nd edition Human Kinetics [2003] USA
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Goldenberg and Twist *Strength Ball Training: 69 Exercises using Swiss Balls and Medicine Balls* Human Kinetics [2002] USA


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Werner *A Massage Therapist’s Guide to Pathology* Lippincott, Williams and Wilkins [1998] Maryland, USA
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www.itecworld.co.uk

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www.lssm.com

Northern Institute of Massage

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www.nim56.co.uk

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SPRITO [Sport and Recreation Industry Training Organization]
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www.sprito.org.uk

The Register of Exercise Professionals [REPS]
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www.reps-uk.org
The Society of Sports Therapists
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The Wright Foundation
[Exercise Referral Training]
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Vocational Training Charitable Trust [VTCT]
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Trade Journals and Magazines

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Peak Performance
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www.pponline.co.uk

SportEx
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