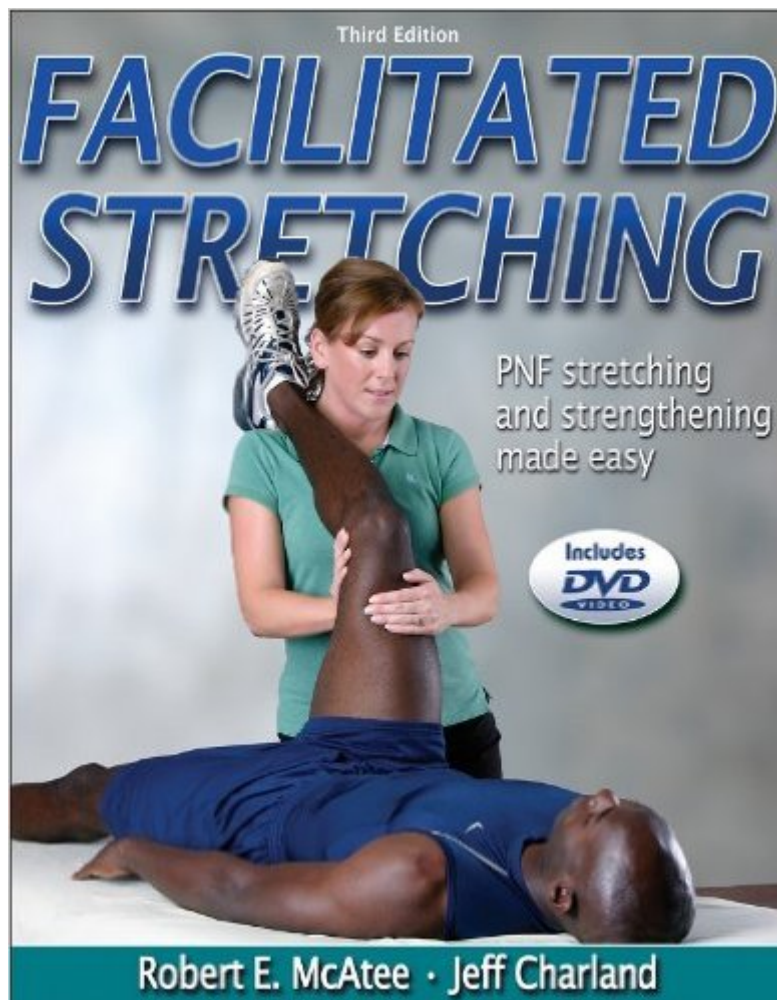


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# Facilitated Stretching - 3rd Edition



## Synopsis

The third edition of *Facilitated Stretching* is now revised, reorganized, and packaged with a DVD—surpassing its popular predecessor as the best source for the latest PNF (proprioceptive neuromuscular facilitation) stretching techniques. *Facilitated Stretching, Third Edition*, provides a useful overview of PNF stretching—a safe and easy-to-use method that involves stretching the muscle, contracting it isometrically against resistance, then stretching it again to a new range of motion. These steps apply whether you are isolating one muscle at a time or using the spiral-diagonal patterns of PNF to stretch groups of muscles simultaneously. The third edition contains all the great features of the previous edition, plus the following:

- A companion DVD that demonstrates live stretching techniques from the book for a clearer understanding
- New stretching routines for a variety of popular activities including running, golf, swimming, cycling, and throwing and racket sports
- General stretches and stretches for older participants
- Stretching activities with added strength work using stability balls and elastic bands
- Stretching and strengthening tips for dealing with—and even preventing—common soft-tissue injuries

The new edition has also been reorganized using a regional approach to presenting muscle group functions around specific joints. You will learn how to stretch each major muscle in the body, both individually and in groups. In addition, you will discover how to appropriately use group pattern stretches to improve flexibility and coordination and individual muscle stretches to relax tight muscles and break up adhesions within or between muscles. Instruction is provided for using the techniques on your own or with a partner. More than 350 photographs showing the progression of stretches enrich the book while the new 60-minute DVD demonstrates the stretches and strengthening exercises in even more detail. Icons are featured throughout the text, indicating which exercises are demonstrated on the DVD. A unique binding also allows you to lay the book flat while performing the exercises without losing your place. The DVD serves as a great visual tool for improving your technique and getting the most out of your routines. An ideal reference for fitness professionals, *Facilitated Stretching, Third Edition*, provides techniques to help athletes, patients, and clients improve flexibility, strength, and coordination while also treating and preventing injuries. Students in massage therapy, athletic training, and other professional training programs will discover how to use facilitated stretching in conjunction with massage and other manual therapy techniques. A test package is also available for instructors and is conveniently offered through a product-specific Web site:

[www.HumanKinetics.com/FacilitatedStretching](http://www.HumanKinetics.com/FacilitatedStretching). With *Facilitated Stretching, Third Edition*, you have a cutting-edge tool packed with the latest PNF stretching techniques to help you assess current muscle function, improve range of motion, increase strength, reduce overuse injuries, and enhance

performance. v

## Book Information

Paperback: 192 pages

Publisher: Human Kinetics; 3 edition (February 21, 2007)

Language: English

ISBN-10: 9780736062480

ISBN-13: 978-0736062480

ASIN: 0736062483

Product Dimensions: 8.5 x 0.4 x 11 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (40 customer reviews)

Best Sellers Rank: #646,789 in Books (See Top 100 in Books) #83 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #549 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Massage #983 inÂ Books > Sports & Outdoors > Coaching > Training & Conditioning

## Customer Reviews

As a runner and horseback rider, I have always subscribed to the theory that stretching is critical for performance. However, finding an effective stretching system has been a long and arduous search. Some books are difficult for the lay person to understand. Some books do not have a fundamental theory underpinning their exercises. And some books promote stretches that are actually harmful. I have found Facilitated Stretching to be the best of the bunch. The illustrations are clear, well-organized and large enough to follow. The text is written clearly and concisely: I can figure out what to do the first time I read it. The cd is excellent: slow, well-narrated and easy to follow. Best of all, the results are immediate. My partially frozen shoulders are starting to move in response to a combination of massage therapy and facilitated stretching (as advocated in the book). My hamstrings have finally let go so now I know what it feels like to walk as normal people do! In short, I cannot recommend this book highly enough. It has met all my stringent requirements. This new edition is even better than the second edition which I studied before buying this book.

As a Personal Trainer, I was looking for a book that was practical with stretches that I could teach my clients that were beyond the normal static stretches. After some weeks with a flexibility program designed with stretches from this book, there is a noticeable difference in positive range of motion. It is well written and easy to follow. For my purposes, I found it to be an excellent book.

As a massage therapist I often work with muscle injuries. This book is a must have for both therapeutic technique and for client education. I highly recommend it.

And a great book for the experienced hands on individual. Leave the pop science books and methods behind. As a professional of 22 years in this field I can say that without a doubt the Whartons text, besides representing numerous errors in physiology, is just another pop stretch book. There are moves in Whartons that can and do work-this is always the case with any work in this category:if something works then some assume it is all good. PNF is actually neurophysiological strength work that increases ROM. ROM from strength is much safer and more athletic. I have worked with Bob personally (if you get the chance he is in Colorado Springs CO) and I can vouch for his techniques. Facilitated Stretching allows for both a quality method AND a method that can be used on clients by trainers not certified in hands on work. Because the client always controls the stretch the responsibility and sensitivity is in the hands of the individual. Incredibly difficult to be injurious to client. With the addition of the DVD it is perfect for beginners new to high performance methods and to the experienced looking to polish up on technique or less used drills. For those looking for simple, effective, and with more responsibility on the athletes part (therefore more dangerous) check out Pavel Tsatsoulines Relax in Stretch and Forced Relaxation. Great techniques but less method and instruction. With experience and intelligence this method works very well. Combine both and you have a program that is more clinical and a program that is more extreme to use and temper with experience, intelligence and referral...

This 3rd edition is a wonderful upgrade from the 2nd. The DVD does an exceptional job of visualizing spiral diagonal patterns and demonstrating the facilitated stretching technique. The book is upgraded as well as the information on specific body locations is easier to find and readily accessible for use in my bodywork. I use both frequently.

This book gives sufficient physiological background to grasp the very detailed description of the process. The use of photos and written descriptions makes it easy to learn the stretches. Included are both operator assisted and self stretches. Most individual muscles are taught. ROM assessments are also included.

This book is an excellent resource for those wanting to learn about PNF stretching. PNF stretching

should be of interest to you if you are looking for a stretching technique which goes beyond the traditional passive stretches shown in most stretching books. The author summarizes the research which has examined the effectiveness of this method, and does a good job of explaining the theory behind PNF stretching without becoming too technical. The explanations of the individual stretches are very well written and illustrated. The author not only explains how each stretch can be done with the help of another person, but also explains how most of the stretches can be completed on your own. When added to your regular stretching routine, this stretching method is one of the safest ways to quickly gain flexibility.

As a Massage Therapist I use these stretches daily in my work. It's useful to have the text to look back and review stretches I don't use very often.

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