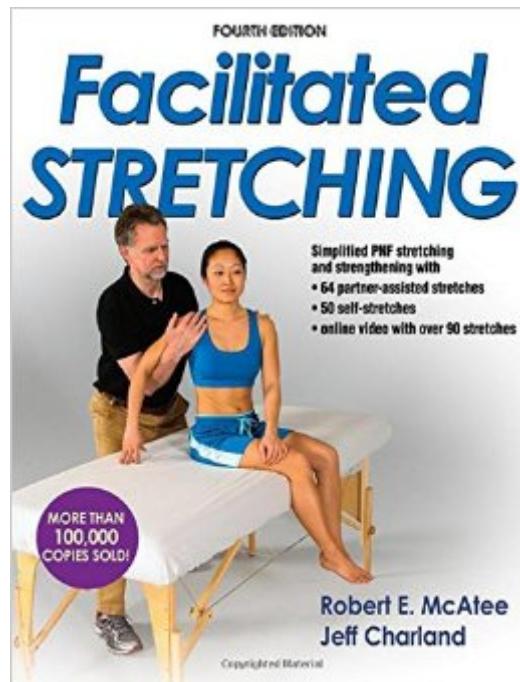


The book was found

Facilitated Stretching-4th Edition With Online Video



Synopsis

Facilitated Stretching, Fourth Edition With Online Video,Â remains the most trusted resource for proprioceptive neuromuscular facilitation (PNF) stretching, an effective and easy-to-use method that involves stretching the muscle, contracting it isometrically against resistance, and then stretching it again to increase range of motion. Featuring a full-color interior, streamlined organization, and a new online video package, the fourth edition brings PNF stretching beyond the treatment room with the inclusion of techniques for the gym, workout room, and home. The fourth edition offers a visual demonstration of PNF stretching techniques with more than 320 photos and illustrations. It includes these updates:

- A full-color interior provides readers with clear images of the techniques discussed
- Graphic elements on selected photos highlight the muscles being stretched as well as the isometric effort for the stretcher and the partner
- Reorganization streamlines the content into two parts, first focusing on the basics and then covering stretches
- Expanded content demonstrates how to incorporate stretches, including strengthening routines, into nontherapy workouts to optimize functional training
- An appendix showcases anatomical planes of motion, anatomical terms, and types of joints
- Online high-definition video presents both treatment room techniques and simplified PNF stretches for nontherapy settings

Facilitated Stretching, Fourth Edition, examines techniques and guidelines for PNF stretches in a variety of settings. Stretches are demonstrated on a treatment table, mat on the floor, chair, cable-pulley machine, and weightlifting bench. Stretches are grouped according to each joint, and the majority of the stretches include both a partner stretch version and a self-stretch version. The accompanying online video then demonstrates more than 90 of these stretches to reinforce proper technique for each stretch as well as four sample stretching routines. Visual icons in the book indicate which stretches are shown in the video. As in previous editions, specific routines are included for cycling, golf, running, swimming, throwing and racket sports, and now ice hockey. It also includes general stretches for everyday use, plus stretches for those with âœrusty hinges.â

- These ready-made stretching routines make it easy to incorporate facilitated stretching into a workout regimen and take the guesswork out of organizing a stretching routine to match the needs of a specific sport. For accomplished athletes or those just beginning a fitness program, the regular use of facilitated stretching can help improve flexibility and coordination and boost performance and enjoyment of sports. Manual therapists, massage therapists, athletic trainers, personal trainers, sport physicians, and coaches will find valuable information and techniques for optimizing flexibility, coordination, and performance. Facilitated Stretching, Fourth Edition, provides access to the latest PNF stretching techniques to help assess current muscle function, improve range of motion, increase strength,

address overuse injuries, and enhance performance. v

Book Information

Paperback: 216 pages

Publisher: Human Kinetics; 4 edition (November 14, 2013)

Language: English

ISBN-10: 1450434312

ISBN-13: 978-1450434317

Product Dimensions: 11 x 8.6 x 0.5 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (17 customer reviews)

Best Sellers Rank: #323,398 in Books (See Top 100 in Books) #61 inÂ Books > Health, Fitness &

Dieting > Exercise & Fitness > Stretching #136 inÂ Books > Textbooks > Medicine & Health

Sciences > Medicine > Clinical > Sports Medicine #253 inÂ Books > Medical Books > Medicine >

Sports Medicine

Customer Reviews

This book is far and away the most trusted resource for proprioceptive neuromuscular facilitation (PNF) stretching, an effective and easy-to-use method that involves stretching the muscle, contracting it isometrically against resistance, and then stretching it again to increase range of motion. Featuring a full-color interior, streamlined organization, and a new online video package, the fourth edition brings PNF stretching beyond the treatment room with the inclusion of techniques for the gym, workout room, and home. Having had treatment with this type of stretching and doing it myself, I know how very effective it is. I had tremendous hip and lower back pain and this was the only form of treatment that effectively gave me relief. The fourth edition offers a visual demonstration of PNF stretching techniques with more than 320 photos and illustrations. It includes these updates: A full-color interior provides readers with clear images of the techniques discussed Graphic elements on selected photos highlight the muscles being stretched as well as the isometric effort for the stretcher and the partner Reorganization streamlines the content into two parts, first focusing on the basics and then covering stretches Expanded content demonstrates how to incorporate stretches, including strengthening routines, into nontherapy workouts to optimize functional training An appendix showcases anatomical planes of motion, anatomical terms, and types of joints Online high-definition video presents both treatment room techniques and simplified PNF stretches for nontherapy settings

ContentsOnline Video ContentsPrefaceAcknowledgmentsPart I. The

PrerequisitesChapter 1.

[Download to continue reading...](#)

Facilitated Stretching-4th Edition With Online Video Facilitated Stretching, Fourth Edition (Enhanced Version) Facilitated Stretching - 3rd Edition Stretching for Stiffies: A Full Body Pilates Reformer Stretching Routine for Every Body Back Stretching - Back Strengthening And Stretching Exercises For Everyone RUNNING: STRETCHING: Pre and Post Running Stretching Exercises (Flexibility, Warm Ups, Cool Downs, Fitness, Strength) Surgical Management of Pelvic Organ Prolapse: Female Pelvic Surgery Video Atlas Series: Expert Consult: Online and Print, 1e (Female Pelvic Video Surgery Atlas Series) Go Pro Camera: Video editing for Beginners: How to Edit Video in Final Cut Pro and Adobe Premiere Pro Step by Step How To Stream Video Live 2016: Expand Your Reach In Minutes With Live Video Through Facebook, YouTube, Periscope, Livestream, Meerkat And More - Even If You Hate Being On Camera PowerPoint Video Magic: A Skill Booster Guide on Using Microsoft PowerPoint for Professional Video Production VIDEO INCOME ACADEMY: How to Make a Living Selling Products & Services via Video... Youtube E-Commerce & Webinar Service Selling Illuminating Video: An Essential Guide To Video Art Video Games Memes: Funny Video Games Memes, Jokes and Funny Pictures! (Lol Memes for Gamers) Nintendo, COD, Clash of Clans, Super Mario Memes plus more! Video Poker Secrets: Strategies to Give You the Unfair Advantage in Video Poker Developing Your Video Poker Money Management System: How To Manage Your Video Poker Play To Enhance Your Income (or to cover your a**!) Basic, Advanced, and Robotic Laparoscopic Surgery: Female Pelvic Surgery Video Atlas Series, 1e (Female Pelvic Video Surgery Atlas Series) CompTIA Network+ Certification All-in-One Exam Guide (Exam N10-006), Premium Sixth Edition with Online Performance-Based Simulations and Video Training Exercise Technique Manual for Resistance Training 3rd Edition With Online Video SharePoint Online from Scratch: Office 365 SharePoint course with video demonstrations YouTube: Online Video and Participatory Culture

[Dmca](#)