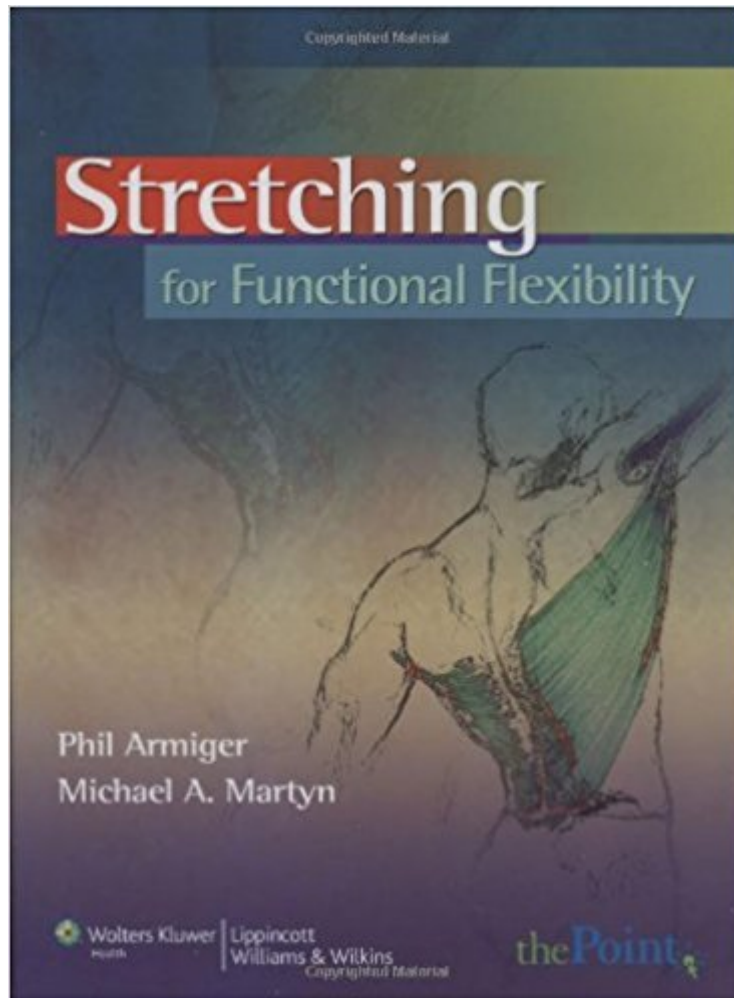




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Stretching For Functional Flexibility



Synopsis

Stretching for Functional Flexibility is a reference guide for the safe, effective, and efficient application of stretching exercises to improve range of motion and movement potential. Based on the most current research, this text is a valuable reference for physical, occupational and massage therapists, athletic trainers, fitness trainers, coaches, sports and orthopedic physicians, doctors of chiropractic, and many other professionals dealing with the health and performance of the musculoskeletal system. The text provides all of the information necessary to design and implement a safe and effective stretching program. A companion Website will offer the fully searchable text and an image bank for instructors.

Book Information

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Customer Reviews

Like many people who have participated in a variety of sports, over several decades of time, I have been exposed to countless opinions, theories, philosophies and anecdotes regarding both the benefits and the costs of stretching warm muscles and cold muscles. Turn over a rock and you find another expert or guru. I couldn't account for how much harm there is in all this variety, but I, for one, am very much relieved to have found Mr Armiger's exhaustive work on the subject of "Stretching... ". In my estimation, this is the most thorough and, hence, objective treatment of this subject; plus, the book is organized by muscle, by muscle group, by sport, etc. If my hip flexors are tender after a day of cross country skiing, this book is where I turn for answers and solutions. Definitely on the front row of my book shelf.

This book showed me how to stretch the knots and aches out of the group of muscles that were giving me trouble. Twice a day, stretch the group that hurts for about 10mins, my neck and back problems are gone. No more Advil, therapy, or pain. I recommend.

The book breaks down everything so anyone can understand it. I love the fact that the book has a chapter with 10, 20, and 30 minute routines. After I am done with one of the routines, my body feels great and I have more energy!

I've had this book for a while and find it great in a number of ways. I'm not a professional trainer or physical therapist, so I found the intro to stretching and the guide to effective and safe stretching very helpful. Both the text and drawings for stretching of individual muscles are amazing. They allowed me to focus on those areas where I have particular issues and allow to fine tune my stretching routine. I also really liked both the suggested stretching routines and the specific stretches for sports.

Having worked with Phil in the past, it is wonderful that he is such an adept and successful author to boot! The information is put into a very readable style and makes perfect sense. I have added the '20 minute stretch' program to my daily schedule and have realized the benefits. This aging body needs all the help it can get.

Detailed descriptions, good pictures and great info on stretching techniques. Love the sections in the back of the book that give recommended stretches for various sports. Good investment in staying healthy while training.

This book is not at all what I expected. I was hoping for a user-friendly book, but this book seems to be made for professionals who know all the technical biological terms for body parts. I'm thinking this would be a good book for a massage therapist or a personal trainer. But if you are a regular person looking for an instructional book of stretches, I would not recommend this book.

While the material is more suited to a more clinical and therapeutic application (definitions and terms related to injuries), there were some very good stretching applications in the material. I also purchased an additional book "The Anatomy of Stretching" by Brad Walker. It was excellent and I

would highly recommend this reference.

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