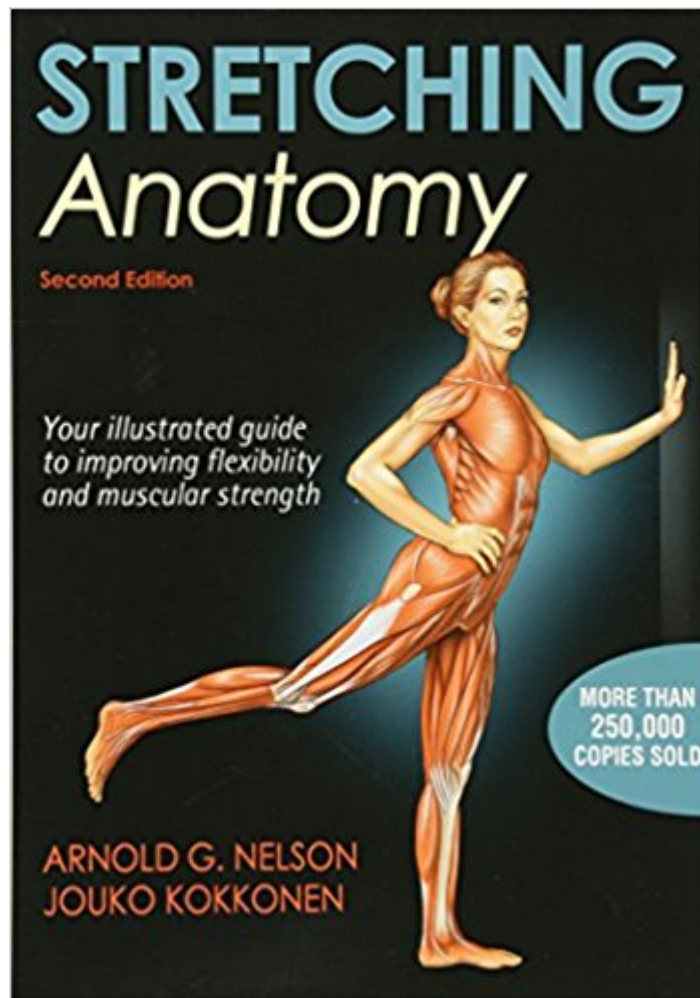




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Stretching Anatomy-2nd Edition



Synopsis

See inside every stretch as you increase flexibility and improve muscular strength. Expanded, enhanced, and updated, the best-selling *Stretching Anatomy* returns to show you how to increase range of motion, supplement training, enhance recovery, and maximize efficiency of movement. You'll also gain a detailed understanding of how each stretch affects your body. *Stretching Anatomy, Second Edition*, is like having an X-ray of each stretch, only better. Not only do you see full-color illustrations of the muscles in action, but you also see how a change in position can alter the muscle emphasis and difficulty and how variations can improve safety and effectiveness. A new Stretch Focus section details the procedure and benefits of every exercise as well as safety considerations and variations according to skill level. Each exercise describes how to stretch, when to stretch, primary and secondary muscle emphasis, and which muscles are activated for support. Stretching programs provide three levels of difficulty, including light stretching that can be used to aid in recovery from soreness and injury. A new chapter on dynamic stretches covers the most effective exercises for athletic warm-ups, while another chapter shows you how to customize a program based on your individual needs, including a program of passive static stretches proven to help lower blood glucose. Whether you seek increased flexibility, better athletic performance, or reduced muscle soreness and tension, *Stretching Anatomy* is your visual guide to proper stretching technique.

Book Information

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Customer Reviews

• Stretching Anatomy offers great illustrations and practical advice from two well-known scholars in stretching. • Duane Knudson, PhD, FACSM, FISBS, FRCAHPERD-- Texas State University, Chair, Department of Health and Human Performance

Arnold G. Nelson, PhD, is a professor in the School of Kinesiology at Louisiana State University. A leading researcher on flexibility, he is considered one of the top authorities on the effect of stretching on muscle performance. Nelson is a fellow of the American College of Sports Medicine and earned his PhD in muscle physiology from the University of Texas at Austin. He resides in Baton Rouge, Louisiana. Jouko Kokkonen, PhD, is a professor in exercise science at Brigham Young University in Hawaii. For more than two decades he has taught anatomy, kinesiology, exercise physiology, and athletic conditioning, and for more than three decades he has coached track and field. Kokkonen's research has focused on the acute and chronic effects of stretching. He earned his PhD in exercise physiology from Brigham Young University and now resides in Laie, Hawaii, with his wife, Ruthanne.

This is a wonderful introduction to muscle and joint anatomy and stretching. The book gives a detailed account about how various parts of the body work together and how it relates to athleticism and sports injuries. It has a lot of detailed and relevant diagrams regarding anatomy and stretching positions. The only problem is the book falls apart easily. The nearly all of the pages separated, so I had put the pages in a binder.

My massage therapist recommended this book for me as part of my physical therapy. The advantage is that you can see how to stretch and what stretches. It's easy to understand for someone who's not a medical expert or a gym rat. There are usually at least three stretches, depending on how much stretch you need.

My massage therapist turned me on to this years ago and I loaned out my copy. So this is an updated version which I like even better. When some muscle hurts, it is easy to determine which it is and the graphics give explicit instruction on how to stretch it. This is a lifesaver.

Would like a larger picture detail of the various stretch areas. The explanations leave some information out but gives the stretch a reasonable detail. The order of presentation is not necessarily an order of the stretching process, but the reader can make their own adjustments. Not a bad

publication, just not everything I particularly wanted- my fetish!

Not as good as Strength Training Anatomy. But decent. I wouldn't pay full price, I think I paid like \$2 used.

If your chiropractor or physical therapist told you your back pain was caused by anterior pelvic tilt and to stretch the psoas and spinal erectors while strengthening your lower abs and hamstrings, you could go to this book and find the stretches to do it. Price was right and delivery was faultless.

Great pictures, easy to learn about each stretch.

A good reference for full-body stretching routines. Has been a tremendous help in improving my overall fitness performance.

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