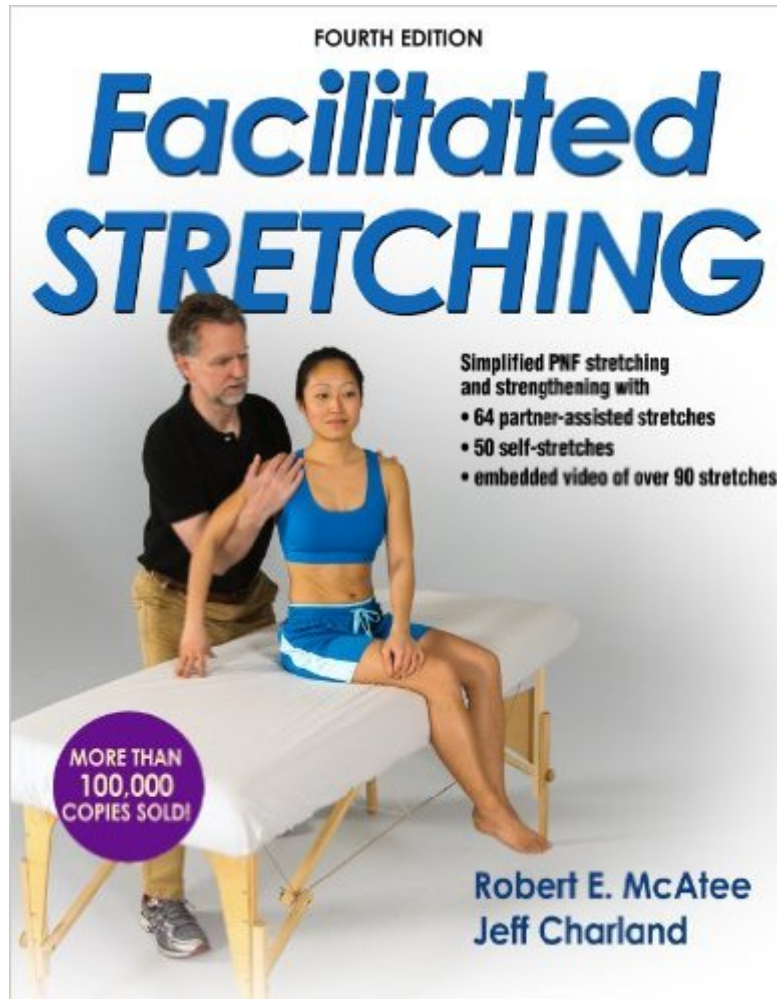


The book was found

# Facilitated Stretching, Fourth Edition (Enhanced Version)



## Synopsis

Through a combination of text and video, *Facilitated Stretching, Fourth Edition*, remains the most trusted resource for proprioceptive neuromuscular facilitation (PNF) stretching, an 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 integrated video, 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 and 100 video clips. 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.
- High-definition video integrated in the text 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 integrated video demonstrates 96 of these stretches to reinforce proper technique for each stretch as well as four sample stretching routines. 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 "rusty hinges."

- 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 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.

## Book Information

File Size: 568296 KB

Print Length: 216 pages

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

Publication Date: November 15, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00GP59E92

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #240,071 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #39

in Kindle Store > Kindle eBooks > Medical eBooks > Specialties > Sports Medicine #47

in Kindle Store > Kindle eBooks > Medical eBooks > Allied Health Professions > Physical Therapy

#56 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching

## 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 settingsContentsOnline Video ContentsPrefaceAcknowledgmentsPart I. The PrerequisitesChapter 1.

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

Facilitated Stretching, Fourth Edition (Enhanced Version) Facilitated Stretching-4th Edition With Online Video 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) New Perspectives on Microsoft Office 2013 First Course, Enhanced Edition (Microsoft Office 2013 Enhanced Editions) Enhanced Microsoft Excel 2013: Illustrated Complete (Microsoft Office 2013 Enhanced Editions) July Fourth Cheer: A Rhyming Picture Book for Children about the Fourth of July, July 4th Cheer and Family Fun on the Fourth of July Integrating Educational Technology into Teaching, Enhanced Pearson eText with Loose-Leaf Version -- Access Card Package (7th Edition) Child Development and Education, Enhanced Pearson eText with Loose-Leaf Version -- Access Card Package (6th Edition) Educational Research: Planning, Conducting, and Evaluating Quantitative and Qualitative Research, Enhanced Pearson eText with Loose-Leaf Version -- Access Card Package (5th Edition) Interactions: Collaboration Skills for School Professionals, Enhanced Pearson eText with Loose-Leaf Version -- Access Code Package (8th Edition) (What's New in Special Education) Creating Literacy Instruction for All Students, Enhanced Pearson eText with Loose-Leaf Version -- Access Card Package (9th Edition) Teaching Science Through Inquiry and Investigation, Enhanced Pearson eText with Loose-Leaf Version -- Access Card Package (12th Edition) Understanding Research: A Consumer's Guide, Enhanced Pearson eText with Loose-Leaf Version -- Access Card Package (2nd Edition) Wong's Nursing Care of Infants and Children Multimedia Enhanced Version, 9e Bundle: Calculus: Early Transcendentals, Loose-Leaf Version, 8th + Enhanced WebAssign Printed Access Card for Calculus, Multi-Term Courses Pokemon Black Version 2 & Pokemon White Version 2 Collector's Edition Guide: The Official Pokemon Strategy Guide Pokemon Black Version 2 & Pokemon White Version 2 Scenario Guide: The Official Pokemon Strategy Guide (Prima Official Game Guides: Pok  mon)

[Dmca](#)