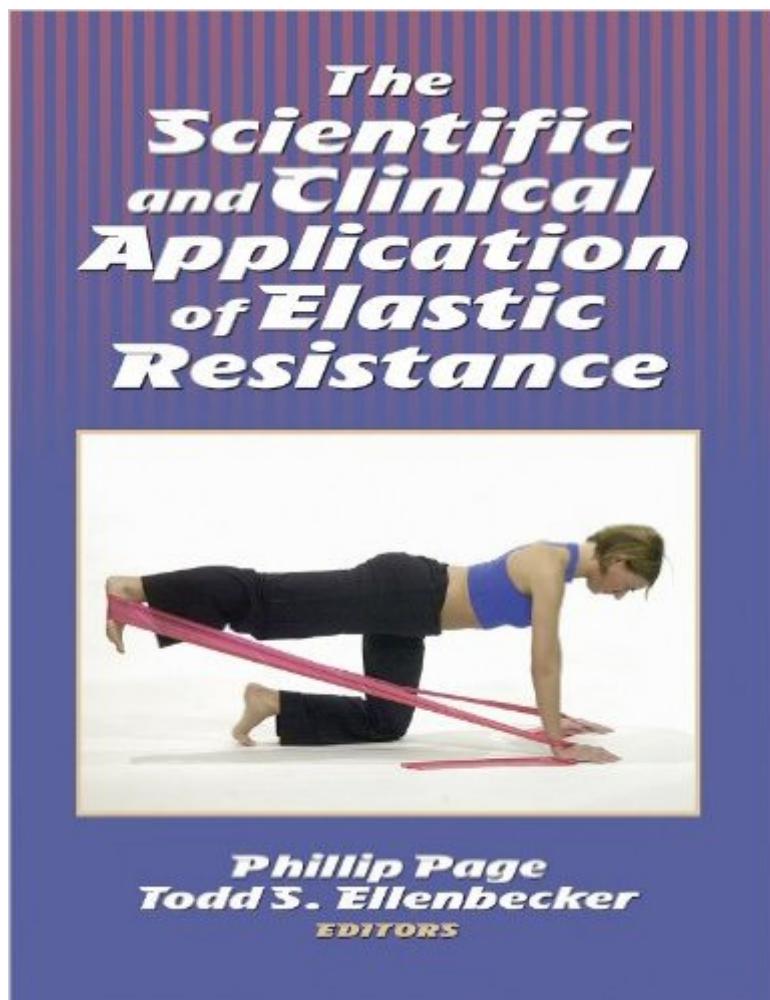


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# The Scientific And Clinical Application Of Elastic Resistance



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**Todd S. Ellenbecker**  
**EDITORS**



## **Synopsis**

Gain a solid base in the science behind elastic resistance exercise and learn the latest clinical applications for rehabilitation and fitness. The Scientific and Clinical Application of Elastic Resistance is the most comprehensive guide to elastic resistance exercise. With this expansive reference, students and clinicians will learn how to deliver the most effective clinical and home exercise programs for patients and clients as well as tailor individual programs to improve physical conditioning and sport-specific abilities. The book's 430 photographs show how to perform a variety of exercises using elastic resistance bands and tubing. The companion CD-ROM (which can be purchased separately from the link below when it is available) contains all the exercises in the book, making it one of the most complete collections of elastic resistance exercises available. The CD-ROM is set up in the PhysioTools platform and allows users to order, edit, and download exercise programs, as well as sort exercises by body part, sport/activity, or special population for quick reference; develop protocols of elastic resistance exercises; and provide clean-printed handouts with instructions for patients. The Scientific and Clinical Application of Elastic Resistance presents a broad range of easy-to-access information organized into five parts: scientific applications, exercise applications for different areas of the body, training applications, sport-specific applications for 10 different sports, and special populations.v

## **Book Information**

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## **Customer Reviews**

This book is a reference for physical therapists, occupational therapists, athletic trainers, clinical

exercise physiologists, strength/conditioning specialists, personal trainers, and sports medicine physicians. It's not for the layman, although there are some interesting topics here that would likely interest many. The contents include:

**Part I. Scientific Basis**

Chapter 1. Scientific Basis of Exercise Resistance

Chapter 2. Clinical Research on Exercise Resistance

Chapter 3. Dosing of Elastic Resistance Exercise

**Part II. Exercise Applications**

Chapter 4. Upper Extremity Exercises With Elastic Resistance

Chapter 5. Lower Extremity Exercises With Elastic Resistance

Chapter 6. Spinal Exercises With Elastic Resistance

Chapter 7. Plyometrics With Elastic Resistance

Chapter 8. Speed and Agility Training With Elastic Resistance

Chapter 9. Reflexive Neuromuscular Training With Elastic Resistance

Chapter 10. Fitness Programs With Elastic Resistance

Chapter 11. Therapeutic Stretching With Elastic Resistance

**Part III. Specific Training Applications**

Chapter 12. Integrated Uses of Elastic Resistance

**Part IV. Sport-Specific Applications**

Chapter 13. Sport-Specific Training for Football

Chapter 14. Sport-Specific Training for Baseball

Chapter 15. Sport-Specific Training for Tennis

Chapter 16. Sport-Specific Training for Golf

Chapter 17. Sport-Specific Training for Soccer

Chapter 18. Sport-Specific Training for Swimming

Chapter 19. Sport-Specific Training for Basketball

Chapter 20. Sport-Specific Training for Hockey

Chapter 21. Sport-Specific Training for Martial Arts

Chapter 22. Sport-Specific Training for Skiing

**Part V.**

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The Scientific and Clinical Application of Elastic Resistance Heat, Bearings, and Lubrication: Engineering Analysis of Thermally Coupled Shear Flows and Elastic Solid Boundaries Theory of Elastic Stability (Dover Civil and Mechanical Engineering) Stability of Structures: Elastic, Inelastic, Fracture and Damage Theories A Need For Speed ( C ): The Quantum Effects Of An Elastic-Solid Aether Leptin Resistance: The Leptin Reset: Discover How To Fix Your Fat Hormones And Reboot Your Fat Burning Engine Into First Gear Again (Leptin resistance, ... all grain, ketogenic diet, Atkins Diet) A Train in Winter: An Extraordinary Story of Women, Friendship, and Resistance in Occupied France (The Resistance Trilogy) Insulin Resistance Diet: Top 50 Insulin Resistance Meals-Loss Fat By Increasing Insulin Sensitivity Insulin Resistance Diet: Your Step By Step Guide to Cure Diabetes & Prevent Weight GainÂ© Over 365+ Delicious Recipes & One Full Month Meal Plan (Insulin Resistance Cookbook, Balance Your Blood-Sugar) Forensic Science: An Introduction to Scientific and Investigative Techniques, Third Edition (Forensic Science: An Introduction to Scientific & Investigative Techniques) Scientific Literacy and the Myth of the Scientific Method (Illini Books) The Scientific Apparatus of Nicholas Callan and Other Historic Instruments (Catalogues of historic scientific instruments in Irish collections) The Scientific Endeavor: A Primer on Scientific Principles and Practice Scientific American, September 1969, Acoustical Holography, 1969, Scientific

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