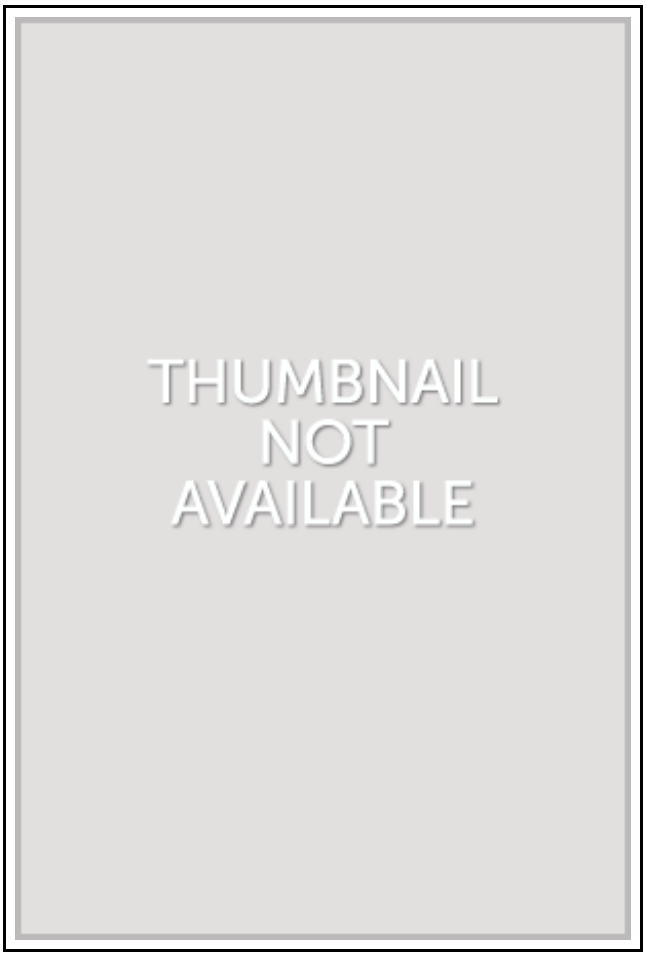
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Createspace, United States, 2015. Paperback. Book Condition: New. Dennis W Barbeau (illustrator). 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This complete yet very affordable, easy-to-read guidebook is for both the new and veteran athlete - everyone who wishes to improve stretching and flexibility. Over 180 photographs show step-by-step instructions on proper stretching and safe preparation of the body to minimize injury and maximize performance. Each page illustrates proper form, correct range of motion, and the accurate position of the stretching body part. Read the following comments by a physical therapist, certified in Mechanical Diagnosis and Therapy, about this book: (Mr. Barbeau) attends expertly to technique and uses sound, safe progressions when describing the specific movements.(reducing) risk of injury and therefore the distress of recovery time. (The techniques) are proven effective and most importantly safe movement patterns. (The author) not only applies an evidenced-based approach to movement strategies but also brings vast personal experience on which movement prescriptions are based. (He) offers to prepare an athlete for competition in a format that brings personal consideration for the athlete s well-being. It is my enthusiastic pleasure to recommend the reader apply these tactics and precautions as they are described. They are biochemically correct and anatomically accurate. Following through with his fundamentally safe and effective movement instruction ensures success in training of any athlete. Daniel O Donnell, PT, Cert. MDT, Physical Therapist, Certified in Mechanical Diagnosis and Therapy This book focuses on stretching of the upper and lower body muscles, tendons and ligaments used in most all sports or other dynamic or energetic activities. More specifically, proper and safe ways to stretch the neck, arms, shoulders, rotator cuffs, back and leg muscles are demonstrated. These stretches also can improve muscle tone as well as strength. The...

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