



Therapeutic Stretching: Towards a Functional Approach, 1e

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"This is a highly enjoyable and well presented book that I recommend for any clinician from student to experienced practitioner. It is suitable for all physiotherapists, manual therapists, sports physiotherapists/therapists, strength and conditioning coaches, sports scientists, athletes and patients who would like to understand, recover and improve their range and ease of movement."

Jimmy Reynolds, Head of Sports Medicine - Academy, Ipswich Town Football Club, Oct 14

- Helps transform thinking about the therapeutic value of stretching and how it is best applied in the clinical setting
- Examines the difference between therapeutic and recreational stretching
- Focuses on the use of stretching in conditions where individuals experience a loss in range of movement (ROM)
- Explores what makes stretching effective, identifying behaviour as a main driving force for adaptive changes
- Discusses the experience of pain, sensitization and pain tolerance in relation to stretching and ROM recovery
- Contains over 150 photographs and 45 minutes of video describing this new revolutionary approach
- Applicable to a variety of perspectives including osteopathy, chiropractic, physical therapy, sports and personal trainers
- Ideal for experienced practitioners as well as those taking undergraduate and postgraduate courses

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Why? Because this Therapeutic Stretching: Towards a Functional Approach, 1e is an unordinary book that the inside of the guide waiting for you to snap the idea but latter it will distress you with the secret that inside. Reading this book next to it was fantastic author who also write the book in such amazing way makes the content inside easier to understand, entertaining method but still convey the meaning completely. So , it is good for you for not hesitating having this any more or you going to regret it. This amazing book will give you a lot of positive aspects than the other book have got such as help improving your skill and your critical thinking means. So , still want to hold off having that book? If I were being you I will go to the reserve store hurriedly.

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