



Facilitated Stretching-4th Edition With Online Video

Robert McAtee

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Facilitated Stretching, Fourth Edition With Online Video, remains 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.

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 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 accompanying online video then demonstrates more than 90 of these stretches to reinforce proper technique for each stretch as well as four sample stretching routines. Visual icons in the book indicate which stretches are shown in the video.

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 help 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.

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From reader reviews:

William McNally:

In this 21st millennium, people become competitive in every single way. By being competitive today, people have to do something to make these individuals survive, being in the middle of the crowded place and notice through surrounding. One thing that sometimes many people have underestimated it for a while is reading. Yeah, by reading a e-book your ability to survive boost then having chance to stay than other is high. To suit your needs who want to start reading any book, we give you this particular Facilitated Stretching-4th Edition With Online Video book as beginner and daily reading e-book. Why, because this book is greater than just a book.

Shawn Jones:

A lot of people always spent their free time to vacation as well as go to the outside with their family members or their friend. Did you know? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. If you want to try to find a new activity here is look different you can read the book. It is really fun for yourself. If you enjoy the book which you read you can spent all day long to reading a book. The book Facilitated Stretching-4th Edition With Online Video it is quite good to read. There are a lot of people who recommended this book. These were enjoying reading this book. If you did not have enough space to deliver this book you can buy often the e-book. You can more simply to read this book from your smart phone. The price is not to fund but this book possesses high quality.

Audrey Patton:

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Joseph Mack:

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