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Facilitated Stretching with Access Code

By Robert McAtee

Human Kinetics Publishers. Paperback. Book Condition: New. Paperback. 216 pages. Dimensions: 10.9in. x 8.4in. x 0.6in. 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...



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