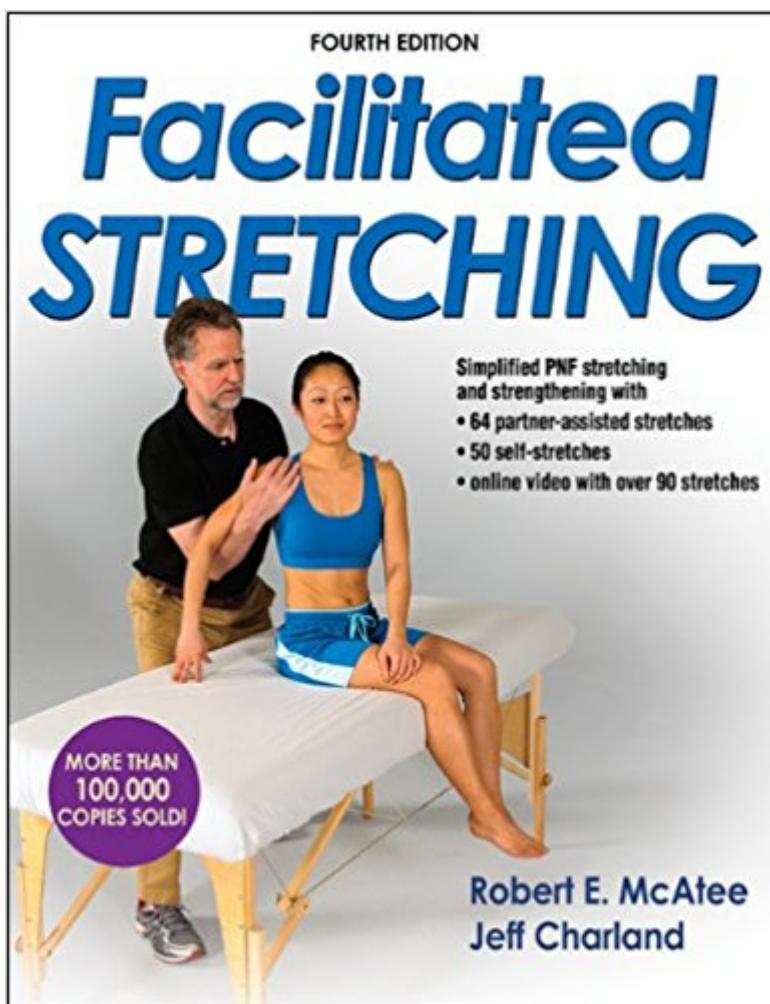


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# Facilitated Stretching-4th Edition With Online Video



## Synopsis

Facilitated Stretching, Fourth Edition With Online Video,Â Â 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:

- Â¢ A full-color interior provides readers with clear images of the techniques discussed
- Â¢ Graphic elements on selected photos highlight the muscles being stretched as well as the isometric effort for the stretcher and the partner
- Â¢ Reorganization streamlines the content into two parts, first focusing on the basics and then covering stretches
- Â¢ Expanded content demonstrates how to incorporate stretches, including strengthening routines, into nontherapy workouts to optimize functional training
- Â¢ An appendix showcases anatomical planes of motion, anatomical terms, and types of joints
- Â¢ 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 Â¢Â“rusty hinges.Â¢ 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.

## Book Information

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## Customer Reviews

Ã¢ "If a picture is worth 1000 words, then a video is worth 10,000 words, particularly when it includes narration detailing how the body should be positioned and what the stretcher, and the partner if it is a partner stretch, should be doing at each point during the stretch.Ã  The use of the video demonstrations moves the book to a much higher level of teaching, and learning for the reader. Readers will be much more comfortable with, and knowledgeable of, doing the stretches and conditioning exercises after they have watched somebody else do it, and had key points explained to them. In sum, the combination of the printed book and the video demonstrations make this an outstanding resource for individuals wishing to enhance their movement ability in a variety of settings, and activities, through the use of effective stretching and movement techniques.Ã¢ •  
Gordon Chalmers, PhDÃ¢ â•Western Washington University

Robert McAtee, BA, LMT, CSCS, C-PT, has been a sport massage therapist since 1981, specializing in sport and orthopedic massage therapy. Since 1988 he has maintained an active international sport massage practice in Colorado Springs, Colorado. McAtee has been using facilitated stretching techniques with clients and athletes since 1986. He teaches facilitated stretching and sport massage seminars throughout the United States and internationally to

massage therapists, athletic trainers, personal trainers, chiropractors, Olympic-caliber athletes and coaches, and amateur athletes. McAtee received his massage training at the Institute for Psycho-Structural Balancing (IPSB) in Los Angeles and San Diego (1981-82) and through the Sports Massage Training Institute (SMTI) in Costa Mesa, California (1986). He holds a BA in psychology from California State University (1974), is nationally certified in therapeutic massage and bodywork (1992), and is a certified strength and conditioning specialist (1998) and certified personal trainer. He has been an active member of the American Massage Therapy Association since 1988. A keynote speaker and featured presenter at numerous national and international conventions, McAtee also regularly presents workshops nationally and internationally on the topics of facilitated stretching, massage, and soft-tissue injury care. For more information, please contact him at: Pro-Active Massage Therapy 1119 N. Wahsatch Ave., Suite 1 Colorado Springs, CO 80903 USA Tel: 719-475-1172 Website: [www.stretchman.com](http://www.stretchman.com) Jeff Charland, PT, ATC, CSCS, GDMT, was a 1983 graduate of the University of Wisconsin at Madison physical therapy program, where he also competed as a varsity wrestler on a scholarship. Beginning in 1987, Charland lectured in the areas of sports medicine, rehabilitation, and assessment and treatment of neural tissue disorders. He was a team trainer and traveled internationally with the U.S. Judo and U.S. Wrestling Federations' national and Olympic teams. Charland completed the graduate program in manipulative therapy at Curtin University in Perth, Western Australia, under the direction of Bob Elvey, a world-renowned physiotherapist. He was a certified athletic trainer through the National Athletic Trainers' Association (NATA) and a certified strength and conditioning specialist (CSCS) through the National Strength and Conditioning Association (NSCA). In 1997, he earned a certification in active release techniques. He also served as director of a sport physical therapy clinic in Colorado Springs, Colorado. Charland passed away in December 2004; however, his contributions to previous editions were significant and continue to be appreciated.

I bought the ebook under the impression that I would get access to the video, since I paid for the "enhanced version." Not so. Embedded video is only on the ipad, iphone, and kindle fire versions. Very disappointing.I have the Kindle app for Mac and an Android tablet. There is no support for either. You'd think that a sizable (even majority) portion of the market for this book would have these devices, yet there is only support for ipad/phone/kindle fire. The pictures in the kindle app version were very small and could not be enlarged. Formatting is very poor.Buy the paperback or move on to another text.

Great book on new stretching techniques that can go a long way in the fitness industry. A must have for fitness professionals

Love human kinetics books! AMAZING price on !

I enjoyed reading this book. I found it informative and gave me a new perspective on helping others stretch for my dance class.

A good book. Helpful for a massage therapist. I will use some of this. Good pictures too.

Well thought out and easy to follow. As a practitioner, the videos helped me to directly apply the technique to my practice.

I have had every version of this book this far and this is a worthwhile step up. The links in the kindle and the web access in the book makes learning the material much easier than the previous editions. Great for trainers and therapists looking to have a flexibility protocol in their method.

Step by step guide for athletes, coaches and everyone who is involved in sports performance! Great photos and videos! Recommendation to everyone!

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