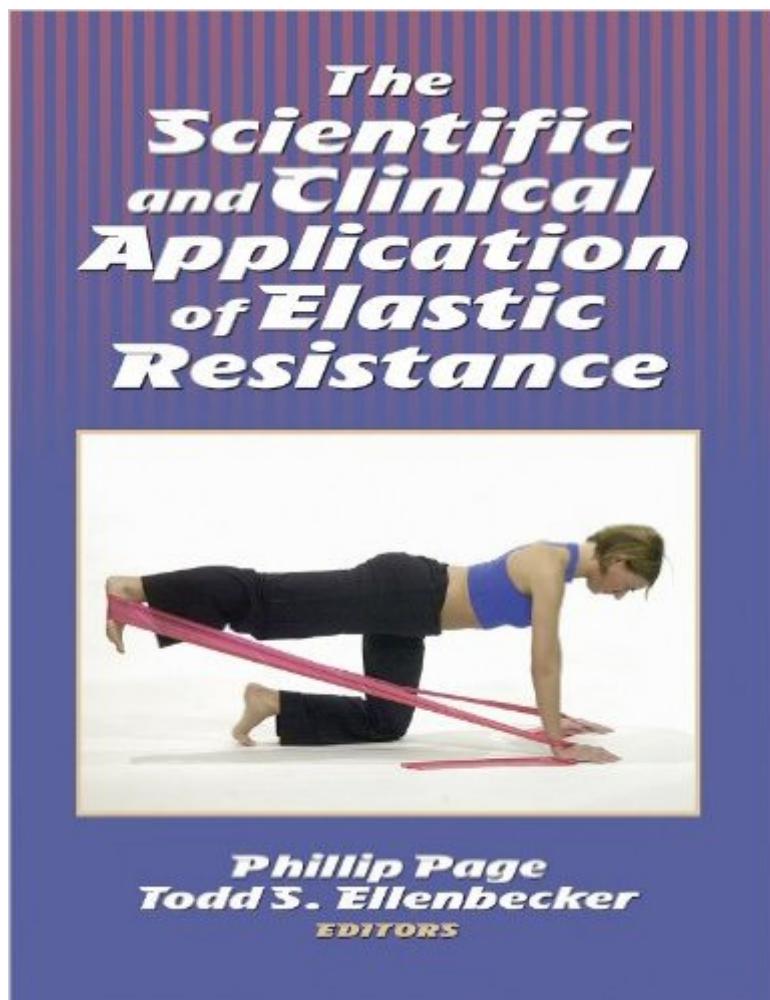


The book was found

The Scientific And Clinical Application Of Elastic Resistance



Synopsis

Gain a solid base in the science behind elastic resistance exercise and learn the latest clinical applications for rehabilitation and fitness. The Scientific and Clinical Application of Elastic Resistance is the most comprehensive guide to elastic resistance exercise. With this expansive reference, students and clinicians will learn how to deliver the most effective clinical and home exercise programs for patients and clients as well as tailor individual programs to improve physical conditioning and sport-specific abilities. The book's 430 photographs show how to perform a variety of exercises using elastic resistance bands and tubing. The companion CD-ROM (which can be purchased separately from the link below when it is available) contains all the exercises in the book, making it one of the most complete collections of elastic resistance exercises available. The CD-ROM is set up in the PhysioTools platform and allows users to order, edit, and download exercise programs, as well as sort exercises by body part, sport/activity, or special population for quick reference; develop protocols of elastic resistance exercises; and provide clean-printed handouts with instructions for patients. The Scientific and Clinical Application of Elastic Resistance presents a broad range of easy-to-access information organized into five parts: scientific applications, exercise applications for different areas of the body, training applications, sport-specific applications for 10 different sports, and special populations.v

Book Information

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Customer Reviews

This book is a reference for physical therapists, occupational therapists, athletic trainers, clinical

exercise physiologists, strength/conditioning specialists, personal trainers, and sports medicine physicians. It's not for the layman, although there are some interesting topics here that would likely interest many. The contents include:

Part I. Scientific Basis

Chapter 1. Scientific Basis of Exercise Resistance

Chapter 2. Clinical Research on Exercise Resistance

Chapter 3. Dosing of Elastic Resistance Exercise

Part II. Exercise Applications

Chapter 4. Upper Extremity Exercises With Elastic Resistance

Chapter 5. Lower Extremity Exercises With Elastic Resistance

Chapter 6. Spinal Exercises With Elastic Resistance

Chapter 7. Plyometrics With Elastic Resistance

Chapter 8. Speed and Agility Training With Elastic Resistance

Chapter 9. Reflexive Neuromuscular Training With Elastic Resistance

Chapter 10. Fitness Programs With Elastic Resistance

Chapter 11. Therapeutic Stretching With Elastic Resistance

Chapter 12. Integrated Uses of Elastic Resistance

Part IV. Sport-Specific Applications

Chapter 13. Sport-Specific Training for Football

Chapter 14. Sport-Specific Training for Baseball

Chapter 15. Sport-Specific Training for Tennis

Chapter 16. Sport-Specific Training for Golf

Chapter 17. Sport-Specific Training for Soccer

Chapter 18. Sport-Specific Training for Swimming

Chapter 19. Sport-Specific Training for Basketball

Chapter 20. Sport-Specific Training for Hockey

Chapter 21. Sport-Specific Training for Martial Arts

Chapter 22. Sport-Specific Training for Skiing

Part V.

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