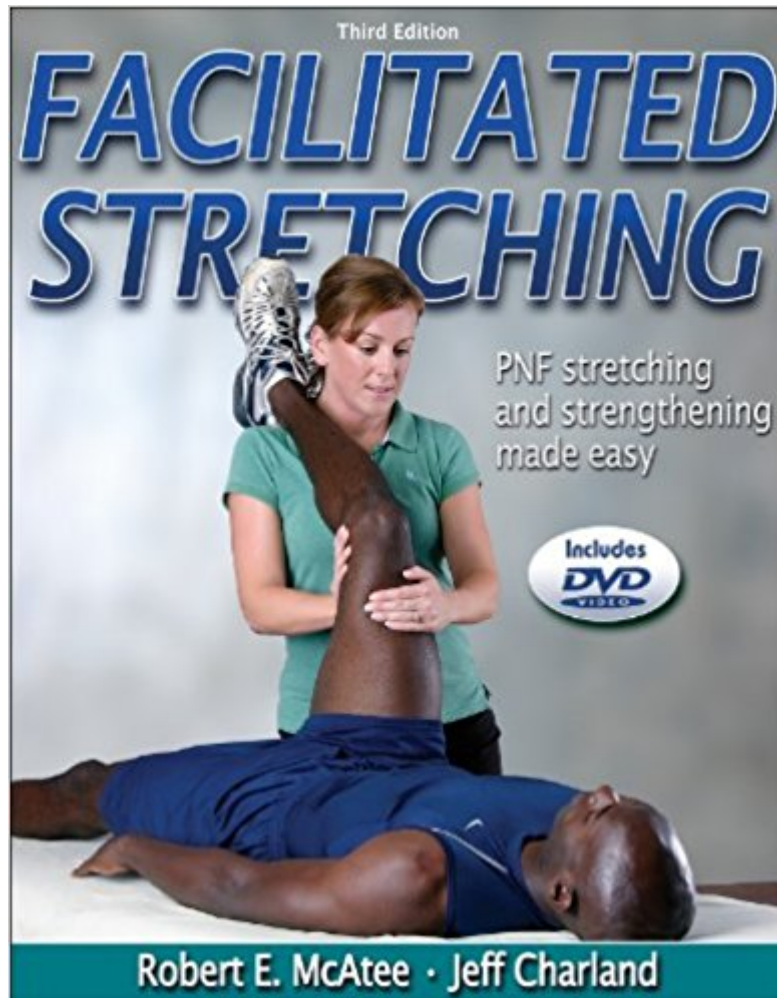




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Facilitated Stretching - 3rd Edition



Synopsis

The third edition of *Facilitated Stretching* is now revised, reorganized, and packaged with a DVD—surpassing its popular predecessor as the best source for the latest PNF (proprioceptive neuromuscular facilitation) stretching techniques. *Facilitated Stretching, Third Edition*, provides a useful overview of PNF stretching—a safe and easy-to-use method that involves stretching the muscle, contracting it isometrically against resistance, then stretching it again to a new range of motion. These steps apply whether you are isolating one muscle at a time or using the spiral-diagonal patterns of PNF to stretch groups of muscles simultaneously. The third edition contains all the great features of the previous edition, plus the following:

- A companion DVD that demonstrates live stretching techniques from the book for a clearer understanding
- New stretching routines for a variety of popular activities including running, golf, swimming, cycling, and throwing and racket sports
- General stretches and stretches for older participants
- Stretching activities with added strength work using stability balls and elastic bands
- Stretching and strengthening tips for dealing with—and even preventing—common soft-tissue injuries

The new edition has also been reorganized using a regional approach to presenting muscle group functions around specific joints. You will learn how to stretch each major muscle in the body, both individually and in groups. In addition, you will discover how to appropriately use group pattern stretches to improve flexibility and coordination and individual muscle stretches to relax tight muscles and break up adhesions within or between muscles. Instruction is provided for using the techniques on your own or with a partner. More than 350 photographs showing the progression of stretches enrich the book while the new 60-minute DVD demonstrates the stretches and strengthening exercises in even more detail. Icons are featured throughout the text, indicating which exercises are demonstrated on the DVD. A unique binding also allows you to lay the book flat while performing the exercises without losing your place. The DVD serves as a great visual tool for improving your technique and getting the most out of your routines. An ideal reference for fitness professionals, *Facilitated Stretching, Third Edition*, provides techniques to help athletes, patients, and clients improve flexibility, strength, and coordination while also treating and preventing injuries. Students in massage therapy, athletic training, and other professional training programs will discover how to use facilitated stretching in conjunction with massage and other manual therapy techniques. A test package is also available for instructors and is conveniently offered through a product-specific Web site: www.HumanKinetics.com/FacilitatedStretching. With *Facilitated Stretching, Third Edition*, you have a cutting-edge tool packed with the latest PNF stretching techniques to help you assess current muscle function, improve range of motion, increase strength,

reduce overuse injuries, and enhance performance.

Book Information

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Customer Reviews

"Facilitated Stretching serves the elite athlete and the weekend warrior well. Bob McAtee has worked on my aches and pains a dozen or so times over the years. He's one of the finest!" Harvey S. Newton, CSCS Executive Director National Strength and Conditioning Association (review of previous edition) "Facilitated Stretching is an excellent contribution to the art and science of manual therapy. Bob McAtee provides a technically sound, easy-to-follow approach to therapeutic muscle stretching. I highly recommend it." Robert K. King Founder and President of Chicago School of Massage Therapy Author of Performance Massage (review of previous edition) "Clear, step-by-step descriptions, detailed illustrations, and ease of use make Facilitated Stretching an essential resource for any massage therapist." Pat Archer, MS, ATC, LMPCortiva Institute-Brenneke School Senior Faculty and Director of Therapeutic Massage In Athletics Certification Course Author of Therapeutic Massage In Athletics (Lippincott Williams & Wilkins 2006) "Facilitated Stretching will benefit anyone interested in functional training. The coverage of spiral-diagonal PNF stretches alone makes this book and DVD a must-have." Craig Liebenson, DCL.A. Sports and Spine International Association for the Study of Pain American Pain Society "Bob McAtee has done an outstanding job with his revision of Facilitated Stretching. The crystal-clear text and sparkling, detailed photographs are a winning combination, and the new DVD brings the

stretches to life! This book is a valuable addition to the library of every serious fitness professional." Guy Andrews, MA, CSCS *D Executive Director Exercise ETC Inc.

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As a runner and horseback rider, I have always subscribed to the theory that stretching is critical for performance. However, finding an effective stretching system has been a long and arduous search. Some books are difficult for the lay person to understand. Some books do not have a fundamental theory underpinning their exercises. And some books promote stretches that are actually harmful. I have found Facilitated Stretching to be the best of the bunch. The illustrations are clear, well-organized and large enough to follow. The text is written clearly and concisely: I can figure out what to do the first time I read it. The cd is excellent: slow, well-narrated and easy to follow. Best of all, the results are immediate. My partially frozen shoulders are starting to move in response to a combination of massage therapy and facilitated stretching (as advocated in the book). My hamstrings have finally let go so now I know what it feels like to walk as normal people do! In short, I cannot recommend this book highly enough. It has met all my stringent requirements. This new

edition is even better than the second edition which I studied before buying this book.

Well, between a 'like' and a 'love' - it was recommended by my massage instructor ERIC RUBEN, DC (who is also the most superb chiropractor in San Francisco). It includes a DVD which is why I chose this particular book. It is okay. There are a lot of 'self-exercises/stretching' which could be very beneficial to some. I am focusing on what I can do, as a practitioner, stretching a client. It does give a good academic foundation of body's 'how and what' is stretching. I am using it and would likely recommend it 80-85%, esp if you have other books on your massage library shelf that compliment this one. To be fair, I haven't gone through the entire book.

I ordered this book with DVD to add to my ability to give a better massage; I have never believed that just one or two modalities are enough to make a person feel comfortable in their "skin." The neck stretches are going to be so wonderful to do with and for my husband and his mother. I can see this technique benefiting my co-workers in Day Surgery. I will need to become more proficient in the lumbar and even knee work since there are times we stand for over an hour waiting for a patient to emerge from anesthesia and all the standing takes a toll. Robert McAtee makes it look possible to help others comfort level without needing oil or disrobing. Worth the money to this R.N./L.M.T.

I think this book is a must for anyone period. What I learned in this book helped me rehab my shoulder from a torn tendon. I also applied what I learned to help increase my flexibility and mobility. It is always a go to for me.

This book helps me as a massage therapist stretching the clients occasionally. I showed stretches to one of my client, loaned him the book and then he asked me to order him the same book so he could stretch himself and stay healthy as he is an athlete. The client also likes the book. It is easy to understand. If there is no one to stretch you, the book offers self stretching techniques,.

I use these techniques in my practice. Anyone that performs medical massage needs this book. Effective with results. Good book

The gold standard of stretching.

If you are interested in personal training, massage therapy, etc., this is a great book to help you

assist your clients with stretching as well as to show them tricks they can do themselves.

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