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# The Anatomy Of Stretching, Second Edition: Your Illustrated Guide To Flexibility And Injury Rehabilitation

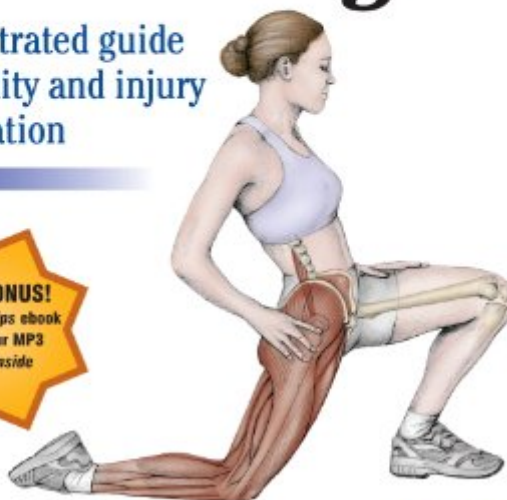


## *The Anatomy of* **Stretching**

your illustrated guide  
to flexibility and injury  
rehabilitation



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Stretching Tips ebook  
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Details Inside



**Brad Walker**  
Author of *The Anatomy of Sports Injuries*

**Second  
Edition**



## Synopsis

The multiple stresses of contemporary life—whether from excessive sports play, overwork, or overuse of technology—are increasingly taking a toll on the body. Symptoms range from muscle soreness and pain to pinched nerves to potentially more permanent disabilities, including serious body injuries. One safe, quickly productive way to address the problem is through a simple therapy that can be done anywhere, anytime, and without special equipment: stretching. This new edition of Brad Walker's™ best-selling book on the subject presents 135 unique stretching exercises designed to help repair the body and make it more flexible, fit, and relaxed. The book begins with clear, detailed descriptions of important principles of anatomy and physiology, the benefits of stretching, different forms of stretching, rules to remember, and how to stretch properly. It also focuses on the kinds of stretches that are most helpful in the alleviation or rehabilitation of specific sports injuries. Organized by body part, *The Anatomy of Stretching* presents stretching exercises in a uniform style accompanied by full-color anatomical illustrations. Equally useful for fitness fans, pro or amateur athletes, coaches and personal trainers, and healthcare practitioners, this new edition contains 20 new stretches; expanded physiology and anatomy information; and a revised numbering system that makes the stretches easier to reference. An expanded appendix includes a longer resources section and a helpful chart describing the top five stretches for each sport and sports injury.

## Book Information

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## Customer Reviews

I ordered some of the sports related Anatomy books from Human Kinetics and this book. Though this book costs more, it is well worth it! Great for the artist, sculptor, physical therapist, massage therapist, nurse, doctor, athletes of every level or even the office worker with some aches and pains who wants to work intelligently with their health professional! Each exercise shows well drawn featured muscles (that are being stretched) in color which contrasts nicely with the adjacent muscles drawn in black and white (yet still with good detail). Drawings are usually in two views as needed. Then below are sections: Technique, Muscles being Stretched, Sports that benefit from this stretch, Sports injury where stretch may be useful, Common problems and additional information for performing this stretch correctly and reference to other Complementary Stretches in the book. It is so much easier to learn when the reader can experience the stretch while studying. Thank you. I wish I had this book while in college, but it's never too late to learn! The only thing I didn't find was the origins, insertions and actions of each of the muscles. I found that online.

needing some brushing up on stretching techniques I purchased this looking for something that would provide explicit instructions on stretches for both upper and lower body. It fit the bill 100%. The diagrams and explanations in the chapters covering different regions of the body were excellent. A good general introduction to stretching and physiology opens the book up. While I was not interested in the cellular makeup of muscles, it is there if you need or want it. Very well written and illustrated.

A light weight book, 165 pages which cover 114 stretches. There are 200 detailed sketch style pictures of men and women in different stretches. There are 15 color coded chapters with good sized illustrations on nearly every page. Pictures are sketched very accurately in black, white and shades of gray and arranged in chapters by body area. They show the primary and secondary muscles that are being worked, muscles are colored in shades of pink and red and really pop out from the page. An instant understanding of the body part being worked can be gained with a glance. Brad Walker's "The Anatomy of Stretching" has much more detail and information than a

similar book "stretching Anatomy" by Arnold G Nelson and Jouko Kokkonen. I bought both books and I like the Nelson book well enough, but for an additional \$5 or so I would suggest Walker's book is a better buy, like a grown up version of the Nelson book. More bang for your buck, much more information, a very detailed index describing every stretch which saves time locating the info. Each stretch is broken down into 5 paragraphs. "Technique; Muscles being stretched; Sports that benefit from this stretch; Common problems and additional information for performing this stretch correctly". Lastly "Complimentary stretch". This just gives a page number to refer back to for a complimentary release stretch. There is a 3 page glossary of medical terms for injuries ranging from Ankylosing spondylitis to Trochanteric bursitis. An Appendix of sports and page numbers to access relevant stretches, Similar to Bob Anderson's book on "Stretching". A very nice book to have in your personal library for fitness professionals or yogi's looking to stretch out any physical imbalances, (for all yoga students and teachers out there, I would suggest an excellent book, "Yoga anatomy" by Lesley Kaminoff). For athletes or anyone wanting to gain a better understanding of their body. A good tool for Massage therapists educating their clients or describing where work will be done, I like to show the client the illustrations of the muscles that will be worked on so they gain a deeper understanding of how to free up any physical restrictions.

This is an extraordinarily useful guide to which muscles are engaged in which stretches. Given the excellent drawings, it is also an excellent guide to how to do each stretch -- if you know what muscles are involved it is far easier to determine where effort should be, and where resistance should be felt. I would like a bit more structure and ordering -- if, for example, you are doing calf stretches, are there differences in effects? What would a program a six leg stretches look like? And so on and so forth. Still, this is a very useful book, and will be a permanent part of my exercise library.

If you have been injured, or just want to have a better understanding of which muscle is bothersome-this is a great book to own! It clearly illustrates different muscle groups, gives a list of sports/activities and which muscles to warm up and also gives a list of injuries and aches/pains and their complimentary stretches. I would not be without this book.

My massage therapist suggested this book as part of my workout routine to keep an old hip injury from getting too tight. Each stretch is clearly illustrated and the instructions are easy to understand. It's been great! I keep it by my bed and flip through it often. As a result I've developed a complete

bedtime ritual to help relax and sleep better.

Excellent illustrations and suggestions. I have 2 copies of this book, one at home and one in my massage therapy office.

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Golfers - the complete 15 minute stretching and warm up routine that will help you improve your golf  
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Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises  
Techniques and Guide For Healing Stretching Strengthening and Stress Relief) The Stretching  
Bible: The Ultimate Guide to Improving Fitness and Flexibility Stretching Scientifically: A Guide to  
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