



Stability, Sport and Performance Movement: Practical Biomechanics and Systematic Training for Movement Efficacy and Injury Prevention (2nd Revised edition)

By Joanne Elphinston

Lotus Publishing. Paperback. Book Condition: new. BRAND NEW, Stability, Sport and Performance Movement: Practical Biomechanics and Systematic Training for Movement Efficacy and Injury Prevention (2nd Revised edition), Joanne Elphinston, In every sport, there are athletes who represent true technical excellence. Their movement seems effortless and efficient: they create and control forces in the most effective way. Functional force management, the foundation for effective sporting movement and injury resistance, results from the integration of stability, mobility, coordination and balance. These elements combine to prevent the physical restrictions, imbalances and inefficient muscle recruitment patterns which can block athletes from meeting their movement goals. The right muscles firing at the right time and in the right sequence can enable athletes to achieve their full physical potential. Full of colour photographs and images to illustrate the techniques and theories involved, Stability, Sport, and Performance Movement introduces functional stability principles as they apply to sporting movement. A comprehensive chapter on movement testing is followed with four chapters of integrated exercise techniques, which clearly demonstrate form and progression from early activation through to higher-level neuromuscular drills. Programmes and clinical examples help the reader to appreciate the application of this approach across a variety of

Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- **Romaine Rippin**

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lyda Davis II**