



Improving Ankle and Knee Joint Stability

By Lucian Lupescu

Xlibris Corporation. Paperback. Book Condition: New. Paperback. 194 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. First book to present several physical exercises using Balancefit discs aimed to enhance the ankle and knee joint stability, as well as to improve proprioception, Improving Ankle and Knee Joint Stability. Proprioceptive Balancefit Discs Drills is addressed to a more specialised audience (coaches, physical trainers, Physical Education teachers or students). Why Balancefit discs? Mainly, the joint stability can be improved using tools such as Bosu, Wobble Board, balance board etc. But we think that the Balancefit discs (also known as Balance discs, Bobbled Balance Discs, Core Discs, or Stability Discs), in this case, are most appropriate for the drills we proposed. The advantage of the Balancefit discs, from the point of view of an increased effectiveness over the anatomical-physiological and biomechanical characteristics of different motor acts, is that they allow a lot more strains to be put on the muscles and ligaments, regarding the plans and axis of the movements we are trying to train. In comparison with the balance boards and the wobble boards that have a flat, hard foot contact surface, the Balancefit discs strain the plantar surface of the foot right through that mobile...

DOWNLOAD



READ ONLINE
[5.09 MB]

Reviews

This pdf is fantastic. It typically is not going to price too much. You will not truly feel monotony at any time of your own time (that's what catalogs are for about if you request me).

-- **Leslie Reinger**

This book will never be easy to start on looking at but quite entertaining to read. It is actually packed with wisdom and knowledge It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Ms. Missouri Satterfield DVM**

Related Kindle Books



Slave Girl - Return to Hell, Ordinary British Girls are Being Sold into Sex Slavery; I Escaped, But Now I'm Going Back to Help Free Them. This is My True Story.

John Blake Publishing Ltd, 2013. Paperback. Book Condition: New. Brand new book. DAILY dispatch from our warehouse in Sussex, all international orders sent Airmail. We're happy to offer significant POSTAGE DISCOUNTS for MULTIPLE ITEM orders.



Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Klara is a little different from the other cows, because she has a very special...



The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds, Nicola Baxter, Geoff Ball, This is a super-size first reading book for 3-5 year olds, with an engaging story, colourful pictures...



Everything Ser The Everything Green Baby Book From Pregnancy to Babys First Year An Easy and Affordable Guide to Help Moms Care for Their Baby And for the Earth by Jenn Savedge 2009 Paperback

Book Condition: Brand New. Book Condition: Brand New.



Johnny Goes to First Grade: Bedtime Stories Book for Children s Age 3-10. (Good Night Bedtime Children s Story Book Collection)

Createspace, United States, 2013. Paperback. Book Condition: New. Malgorzata Gudziuk (illustrator). Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you want to ease tension preschoolers have before going to school for the first...



Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...