



Corrective Exercise: A Practical Approach: A Practical Approach

By Kesh Patel

Taylor & Francis Group. Paperback. Book Condition: New.

Paperback. 288 pages. Dimensions: 9.6in. x 7.3in. x

0.6in. Corrective and functional exercise is a rapidly advancing

field. Exercise is an essential factor in all injury recovery,

conditioning and performance, and if used correctly can play a

preventative role in injury management. In the injured athlete,

gym user or armchair athlete, corrective exercise can help to

restore range of motion, re-build strength, endurance and

power, re-establish neuromuscular control and balance, and

provide positive progress for a specific sport or a healthier

lifestyle. Written by an experienced specialist in the field of

rehabilitative and performance exercise, this book provides an

essential practical guide to corrective and functional exercise for

every sports therapist and fitness trainer, particularly those

taking diplomas or NVQs at level 3. Packed with photos and

illustrations, and full of accessible step-by-step explanations of

the latest rehabilitative methods, every corrective and functional

technique is covered in detail, from initial consultation to whole

body exercises. This item ships from multiple locations. Your

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