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 book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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