



# Science Of Flexibility

**Human Kinetics, Michael J. Alter**



## Science Of Flexibility:

**Science of Flexibility** Michael J. Alter, 2004 Based on the latest research this revised updated edition includes detailed illustrations throughout an expanded section of scholarly professional references *The Science and Physiology of Flexibility and Stretching* David Behm, 2018-11-01 Stretching is a fundamentally important part of sport and exercise playing a role in improving performance and preventing injury and rehabilitation but its scientific underpinnings have to this point been overlooked in book publishing *The Science and Physiology of Flexibility and Stretching* is the most up to date and comprehensive book to cover the underlying physiology and psychology of stretching critically assessing why when and how we should stretch as well as offering a highly illustrated practical guide to stretching exercises Placing stretching in the context of both health and performance the first section of the book sets out the science behind stretching critically assessing the benefits disadvantages and roles of different types of stretching exploring the mechanisms behind increasing range of movement through stretching and other methods and offering evidence based guidance on building stretching into warm ups In its second section the book provides a step by step guide to static dynamic and PRF stretching exercises for beginners through recreational athletes to elite performers Richly illustrated and including an online resource *The Science and Physiology of Flexibility and Stretching* provides an important scientific enquiry into stretching and an invaluable reference for any strength and conditioning coach or student personal trainer sports coach or exercise scientist *The Science of Flexibility, Stretching and Mobility* Gerard van der Poel, 2026-05-21 Drawing on over 2 500 studies this book reveals the science behind flexibility and mobility and the most effective techniques durations and dosages to improve them Essential for trainers therapists and movement professionals it bridges research and practice to transform flexibility training and rehabilitation

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**The Science and Physiology of Flexibility and Stretching** DAVID. BEHM, 2024-10-28 *The Science and Physiology of Flexibility and Stretching* is the most up to date and comprehensive book to cover the underlying physiology and psychology of flexibility enhancing techniques critically assessing why when and how we should stretch as well as offering a highly illustrated practical guide to stretching exercises This fully revised new edition not only updates the present information but adds new chapters on areas that have attracted substantial interest in the last 5 years such as foam rolling vibration global effects of stretching alternative methods to increase flexibility e g resistance training and others Richly illustrated and including an online resource *The Science and Physiology of Flexibility and Stretching* provides an important scientific inquiry into stretching as well as other flexibility enhancing techniques e g foam rolling vibration resistance training and others and an invaluable reference for any strength and conditioning coach or student personal trainer sports coach or exercise scientist

Science of Flexibility Michael J. Alter,1996 Science of Flexibility has long been considered the leading reference on the topic and this new edition reaffirms that status No other book covers these concepts and principles better Based on the latest research this completely revised and updated edition includes five new chapters nearly doubling the content These chapters discuss the hypermobility of joints joint manipulation and chiropractic adjustment controversial stretches the relationship of stretching and special populations and the functionality of stretching and flexibility for specific sports and health conditions With more than 1 400 scholarly and professional references and over 200 illustrations photos and tables Science of Flexibility is invaluable for exercise scientists health fitness professionals athletic trainers sport physical therapists and chiropractors massage therapists instructors and practitioners of dance yoga and the martial arts BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved *Genesis 1 and Modern Science* Charles Bartlett Warring,1892 The Eclectic Magazine of Foreign Literature, Science, and Art ,1879 The American Journal of Science ,1892 Reprints of Papers from the Science Laboratories of the University of Sydney ,1920 *American Journal of Science* ,1884 *The American Journal of Science* Mrs. Gambold,1884 **Telegraphic Journal and Monthly Illustrated Review of Electrical Science** ,1886 **Science Abstracts** ,1922 **Natural science** ,1898 **Applied Science** ,1912

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