

# STRETCHING

## DYNAMIC



⚠️ Consult a physician before starting any stretching regime. This chart is for informational purposes only.



SHOULDERS & UPPER BACK



CHEST



CORE & LOWER BACK



OBLIQUES



LOWER BACK



LOWER BACK, HIPs & HAMSTRINGS



CORE & LOWER BACK



LOWER BACK, HIPs & HAMSTRINGS



HIP ADDUCTORS, ABDUCTORS & GROIN



QUADRICEPS



CALVES

• 10-15 reps • Use full range of motion in smooth moves • Stop if you feel pain

# Dynamic Stretching Guide

**John Lovell Robinson**



## **Dynamic Stretching Guide:**

**The Complete Guide to Stretching** Christopher M. Norris, 2015-11-05 A reasonable level of flexibility is essential to the healthy functioning of joints and muscles which in turn facilitates performance and reduces the risk of injury Now in its 4th edition The Complete Guide to Stretching provides an accessible overview of the scientific principles that underpin this form of training and offers more than 70 exercises designed to safely increase range of motion right across the body The Complete Guide to Stretching is the definitive practical handbook for Sports participants and recreational exercisers who are keen to achieve a level of flexibility that will enhance their performance Sports coaches and fitness instructors who are seeking a thorough understanding of the principles and practice of this often neglected component of physical fitness Sport and exercise therapists who use stretching as an important part of a balanced rehabilitation programme Full colour photographs demonstrate the stretches throughout

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demonstrating bone and muscle palpation protocols      **Orthopaedic Physical Therapy Secrets - E-Book** Jeffrey D. Placzek, David A. Boyce, 2023-12-26 Unlock the secrets to passing the Orthopaedic Certified Specialist OCS exam with this comprehensive Q A review Offering a unique question and answer format Orthopaedic Physical Therapy Secrets 4th Edition helps you build the knowledge and skills needed to pass orthopaedic and sports certification specialty exams The book introduces basic physical therapy concepts and then covers different healing modalities clinical specialties and orthopedic procedures typically prescribed for common injuries such as those to the shoulder hand wrist spine and knee From a team of PT experts led by Jeffrey D Placzek and David A Boyce this review also serves as a useful reference for practitioners who wish to provide the latest in evidence based care Coverage of topics found on the orthopedic specialty exam makes this a valuable resource for study and review Wide scope of orthopedic coverage includes specialties ranging from anterior knee pain to X ray imaging featuring topics such as therapeutic dry needling plus functional movement screening and assessment Annotated references provide a useful tool for further reading and research Review questions are consistent with the level of difficulty encountered on the orthopedic or sports specialty examinations Evidence based content is based on the latest orthopedic research Clinical tips provide guidance for a variety of physical therapy tasks and situations Charts tables and algorithms summarize information in logical quick reference frameworks NEW Updated content reflects contemporary practice standards and provides the current information you need to pass the Orthopaedic Certified Specialist OCS examination NEW eBook version is included with print purchase The eBook allows you to access all of the text figures and references with the ability to search customize your content make notes and highlights and have content read aloud NEW Updated references ensure that information is based on the latest scientific literature      Code-book of Gymnastic Exercises Ludwig Puritz, 1883      **The Principles of Dynamics. An Elementary Text-book, Etc** Richard Wormell, 1887      **The tutorial dynamics, by W. Briggs and G.H. Bryan** William Briggs, 1898      *Elements of Dynamics (kinetics and Statics) ... A Text-book for Junior Students* John Lovell Robinson, 1888      **A Key to the Exercises and Examples Contained in a Text-book of Euclid's Elements** Henry Sinclair Hall, Frederick Haller Stevens, 1892      *Elements of Dynamics (kinetics and Statics) with Numerous Exercises ...* John Lovell Robinson, 1890      **A key to the exercises and examples contained in A text-book of Euclid's Elements, books i.-iv. (vi. & xi.) by H.S. Hall and F.H. Stevens** Henry Sinclair Hall, 1892      *Elementary dynamics. [With] Key, by G.H. Lock* John Bascombe Lock, 1892      Dynamics for Beginners John Bascombe Lock, 1887      *An elementary text-book of mechanics (kinematics and dynamics). Key* Joshua Joseph J. Doherty, 1884      The Men's Health Big Book of Exercises Adam Campbell, 2009-12-22 A fitness guide for men featuring photographic instructions for a variety of exercises workout and diet plans and nutrition advice      **A First Greek Course, Comprehending Grammar, Delectus, and Exercise-book, with Vocabularies** William Smith, 1891      *Exercises and test questions on the Tutorial Latin grammar [of B.J. Hayes and W.F. Masom] by F.L.D. Richardson and A.E.W. Hazel. [With] A key, by W.F. Masom*

*and F.L.D. Richardson* Fanny Louisa D. Herbertson, 1897

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