

STRETCHING

DYNAMIC

Consult a physician before starting any stretching regimen. 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 Bascombe Lock

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.

The Complete Book of Personal Training Douglas Brooks, 2004 This book is the most comprehensive and authoritative resource for you as a personal trainer whether you are a newcomer to the field or have a well-established business. The book is truly a complete resource; it's full of information about working with clients and designing programs and it's a practical guide to all aspects of the personal training business. It will help you in all aspects of your profession: learn applicable information on fitness testing and assessment; identify your clients' goals and create fitness tests specifically for them; learn how to develop cardiovascular strength and flexibility training programs; properly train and help special populations; understand the business side of personal training including marketing yourself as a trainer, getting and retaining clients and learning time management; learn how to expand your business. back cover

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E-Book Joseph E. Muscolino, 2022-12-08 Gain the knowledge and skills you need to provide soft tissue therapy. *Kinesiology: The Skeletal System and Muscle Function* 4th Edition provides a complete guide to the art and science of musculoskeletal anatomy, movement, and dysfunction/treatment. With more than 1,200 full-color illustrations, the book shows the body's bones and joints and how muscles function as movers, antagonists, and stabilizers. Part I covers the fundamentals of structure and motion; Part II covers the skeletal system, including skeletal and fascial tissues; Part III contains a detailed study of the joints of the body; and finally, Part IV examines how muscles function. Written by noted lecturer and educator Joseph Muscolino, this text includes access to an Evolve website with 150 video clips demonstrating major joint actions of the body as well as muscle palpation. Complete atlas of bones, bony landmarks, and joints includes hundreds of full-color illustrations providing comprehensive coverage of bones not found in other kinesiology books. Clear, straightforward explanations of kinesiology concepts cover muscle contraction, coordination of muscles with movement, core stabilization, posture, exercise, reflexes, and how the nervous system controls and directs the muscular system. Coverage of strengthening exercises and stretching emphasizes the purposes and benefits of stretching and how to perform various stretching techniques. Information on posture and the gait cycle includes illustrations of all of the muscles of the human body organized by function. Clinical applications

challenge students to apply kinesiology concepts to clinical practice Light bulb and Spotlight boxes discuss applications of the content including pathologic conditions and clinical scenarios Learning objectives at the start of each chapter include a chapter outline overview key terms and pronunciations and word origins NEW Expanded coverage of fascia includes new perspectives from all new contributors including the role of fascia in movement stability and posture

Dynamic

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The Muscle and

Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching - E-Book Joseph E.

Muscolino,2022-03-25 Build the clinical reasoning and clinical judgment skills you need for effective muscle palpation The Muscle and Bone Palpation Manual with Trigger Points Referral Patterns and Stretching 3rd Edition provides an in depth guide to the art and science of palpation along with clear instructions for massage assessment and treatment techniques It describes how to palpate how to stretch and how to utilize trigger points preparing you for practice with coverage of ligaments all major massage strokes and draping methods and a thorough chapter on body mechanics Written by noted lecturer and educator Joseph Muscolino this text includes access to an Evolve website with more than four hours of video demonstrating muscle palpations Step by step muscle palpation coverage makes it easy to understand and remember each step of palpation techniques UNIQUE Coverage of stretching describes the role of stretching as part of effective treatment with drawings of self care stretches presented alongside therapist assisted stretches General muscle information includes attachments actions and a drawing of the individual muscle Full color photos and illustrations show palpation of muscles exactly how the muscles look and where the muscle is located underneath the skin as it is being palpated Illustrations of trigger points and referral patterns make it easier to identify locations showing where trigger points lie on the muscle and where pain radiates when an injury is felt Coverage of bone palpation teaches you to identify and palpate bones and bony landmarks Assessment and massage treatment strokes are shown in illustrations and in the Palpation Notes moving you from theory and assessment to practical application Case studies in each chapter emphasize critical thinking and clinical reasoning allowing you to apply your knowledge to the practice setting Deeper Thoughts questions challenge your reasoning skills Measurable objectives at the start of each chapter identify key goals and are accompanied by a chapter overview outline and key terms NEW and UNIQUE Chapter on orthopedic assessment is added to this edition NEW video lessons on the

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