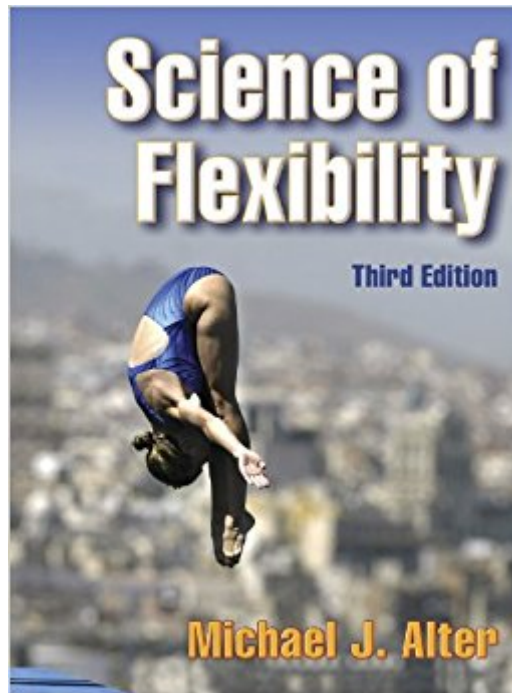




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# Science Of Flexibility - 3rd Edition



## Synopsis

Gain a well-rounded understanding of the principles underlying stretching and flexibility with the updated third edition of *Science of Flexibility*. This practical text includes illustrated stretching exercises with a concentration on muscle structure and the technical nature of stretching. You will learn about the principles and clinical aspects of flexibility, the factors limiting flexibility, as well as techniques to enhance flexibility throughout the body. Based on the latest research, *Science of Flexibility, Third Edition*, provides a comprehensive examination of the scientific, anatomical, and clinical principles of stretching. A 16-page appendix features 60 illustrated stretching exercises. A basic stretching exercise is given for every major part of the body—starting with the toes and plantar arches in the feet, on to the quadriceps and hip flexors, trunk and back, and finishing with the neck, shoulders, and arms. The new edition also includes many additional features:—An expanded research section with 2,100 scholarly and professional references —Boxes within the text that expand discussion of stretching-related topics such as elasticity, collagen and scarring, and altered stretch perception —Redrawn tables and figures as well as new illustrations —New information on several sports and artistic disciplines, including music and dance, and their functional aspects of stretching —In addition, detailed illustrations and graphs, along with expanded captions and more than 30 photos, help showcase important concepts and the muscular components involved in flexibility and stretching. *Science of Flexibility, Third Edition*, is an excellent reference for anyone seeking the most current information and a well-rounded understanding of all aspects of stretching and flexibility.

## Book Information

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## Customer Reviews

Michael J. Alter, MS, is a former gymnast, coach, and nationally certified men's gymnastics judge. Currently a high school history teacher, Alter has authored two previous editions of Science of Flexibility, as well as the Sport Stretch series. Alter has been a guest lecturer at annual meetings across the country, including the Chiropractic Sports Science Symposium and the Scientific Meeting of the North American Society of Pediatric Exercise Medicine. He earned his master's degree in health education from Florida International University. In his leisure time, Alter enjoys working out, writing, and listening to classical music.

This book is amazing. It goes into every facet of stretching you could imagine. I am a massage therapist and fascial stretch therapist and I am also one of those people who likes to fully understand what I am working with so this was the perfect book to read before getting certified for FST. If you want a 'how to' book this is way beyond that (he has another more practical book called Sport Stretch or better yet go find your local Fascial Stretch Therapist) but if you want to know every last detail about what happens in the body during stretching, pathology related to stretching, areas we need further research on, and everything in between, this is the book for you. Absolutely fascinating!

Great book for learning about flexibility, mobility and how your muscles work. It might be technical for many people, but you can always skim over the more difficult parts. It goes into every imaginable aspect of flexibility and flexibility training - what we know, what we \*don't\* know (yet) methods from yoga to dynamic stretches, tons of references, comparison of ideas, application to sport - wow. It compliments his other (more to the point) practical book, which is "Sports Stretch". Either of both books are a must for anyone interested in the technical aspects of flexibility as well as sports training. Everytime I look into this book, I learn something new.

When I ordered this book, I was not expecting a textbook. I should've picked up on the hints like the third edition and the price of the book but oh well. It's got a lot of good information in it and a few interesting pictures. There are diagrams to explain some ideas and drawings of some stretches to help you along with the text. I'd recommend it if you were really interested in the science behind flexibility or if you were studying for a degree but if you're just doing yoga and want to know a little more, this probably isn't the book for you.

One of the best books I have ever read for dealing with flexibility issues and back problems. I highly recommend this book to anyone suffering from back, neck, and stiffness issues. Thanks a million.

Excellent book!

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