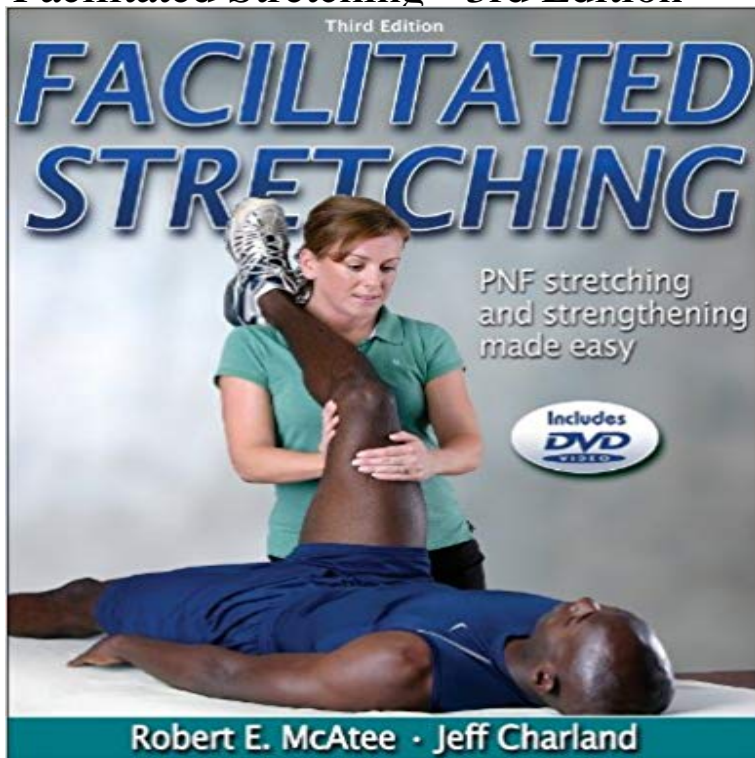


## Facilitated Stretching - 3rd Edition



The third edition of Facilitated Stretching is now revised, reorganized, and packaged with a DVD surpassing its popular predecessor as the best source for the latest PNF (proprioceptive neuromuscular facilitation) stretching techniques. Facilitated Stretching, Third Edition, provides a useful overview of PNF stretching a safe and easy-to-use method that involves stretching the muscle, contracting it isometrically against resistance, then stretching it again to a new range of motion. These steps apply whether you are isolating one muscle at a time or using the spiral-diagonal patterns of PNF to stretch groups of muscles simultaneously. The third edition contains all the great features of the previous edition, plus the following: -A companion DVD that demonstrates live stretching techniques from the book for a clearer understanding -New stretching routines for a variety of popular activities including running, golf, swimming, cycling, and throwing and racket sports -General stretches and stretches for older participants -Stretching activities with added strength work using stability balls and elastic bands -Stretching and strengthening tips for dealing with and even preventing common soft-tissue injuries The new edition has also been reorganized using a regional approach to presenting muscle group functions around specific joints. You will learn how to stretch each major muscle in the body, both individually and in groups. In addition, you will discover how to appropriately use group pattern stretches to improve flexibility and coordination and individual muscle stretches to relax tight muscles and break up adhesions within or between muscles. Instruction is provided for using the techniques on your own or with a partner. More than 350 photographs showing the progression of stretches enrich the book while the new 60-minute DVD demonstrates the stretches and

strengthening exercises in even more detail. Icons are featured throughout the text, indicating which exercises are demonstrated on the DVD. A unique binding also allows you to lay the book flat while performing the exercises without losing your place. The DVD serves as a great visual tool for improving your technique and getting the most out of your routines. An ideal reference for fitness professionals, *Facilitated Stretching, Third Edition*, provides techniques to help athletes, patients, and clients improve flexibility, strength, and coordination while also treating and preventing injuries. Students in massage therapy, athletic training, and other professional training programs will discover how to use facilitated stretching in conjunction with massage and other manual therapy techniques. A test package is also available for instructors and is conveniently offered through a product-specific Web site: [www.HumanKinetics.com/FacilitatedStretching](http://www.HumanKinetics.com/FacilitatedStretching). With *Facilitated Stretching, Third Edition*, you have a cutting-edge tool packed with the latest PNF stretching techniques to help you assess current muscle function, improve range of motion, increase strength, reduce overuse injuries, and enhance performance.

```
window.ue_csm.cel_widgets = [ { id:
detail-bullets }, { id:
featurebullets_feature_div }, { id:
summaryContainer }, { s: #revMHRL >
DIV , id_gen: function(elem, index) {
return custRev + (index + 1); } }, { id:
sims_fbt }, { id: purchase-sims-feature }
, { id: session-sims-feature }, { id:
quickPromoBucketContent }, { id:
productDescription }, { id:
technicalSpecifications_feature_div }, {
id: prodDetails }, { id: related_ads }, {
id: technical-data }, { id:
tagging_lazy_load_div }, { id:
consumption-sims }, { id:
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DAcrt }, { id: vtpsims }, { c: celwidget
}, { id: fallbacksessionShvl }, { id: rhf
}, { id: unifiedLocationPopoverSelections
```

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b=document.ue_backdetect;b&&b.ue_back
&&a.ue&&(a.ue.bfini=b.ue_back.value);a.
uet&&a.uet(be);a.onLdEnd&&(window.ad
dEventListener?window.addEventListener(
load,a.onLdEnd,!1):window.attachEvent&
&window.attachEvent(onload,a.onLdEnd))
;a.ueh&&a.ueh(0,window,load,a.onLd,1);a.
ue&&a.ue.tag&&(a.ue_furl&&a.ue_furl.sp
lit?(b=a.ue_furl.split(.))&&b[0]&&a.ue.tag
(b[0]):a.ue.tag(nofls)))(ue_csm);      var
ue_pty=Detail,      ue_spty=Glance,
ue_pti=0736062483;      v
(function(g,h){function      d(a,d){ var
b={};if(!e      !f)try{ var
c=h.sessionStorage;c?a&&(undefined!==ty
peof
d?c.setItem(a,d):b.val=c.getItem(a)):f=1 }ca
tch(g){e=1 }e&&(b.e=1);return      b}var
b=g.ue
{ },a=f,e,c,a=d(csmtid);f?a=NA:a.e?a=ET:(
a=a.val,a      (a=b.oid
NI,d(csmtid,a)),c=d(b.oid),c.e (c.val=c.val
0,d(b.oid,c.val+1)),b.ssw=d);b.tabid=a})(u
e_csm,window);      (function(b,c){ var
a=c.images;a&&a.length&&b.ue.count(tot
alImages,a.length))(ue_csm,document);
(function(m,h){function      I(a){if(a)return
a.replace(/^\s+      //s+$/g,)}function
x(a,e){if(!a)return { };a.m&&a.m[k]&&(a=a
.m);var      b=e.m      e[k]
,b=a.m&&a.m[k]?b+a.m[k]:a.m&&a.m.tar
get&&a.m.target.tagName?b+(Error
handler invoked by +a.m.target.tagName+
tag):a.m?b+a.m:a[k]?b+a[k]:b+Unknown
error,b={ m:b,f:a.f      a.sourceURL
a.fileName      a.filename
a.m&&a.m.target&&a.m.target.src,l:a.l
a.line      a.lineno
a.lineNumber,c:a.c?+a.c:a.c,s:[],t:m.ue.d(),
name:a.name,type:a.type,csm:J+
+(a.fromOnError?onerror:
ueLogError)},d,c,g=0,f=0,n;c=h.location;d
=a.stack      (a.err?a.err.stack:);b[y]=e[y]
c&&c.href      missing;b[p]=e[p]
z;(c=e[q])&&(b[q]=+c);m.ue_ld_err&&h.p
erformance&&h.performance.timing&&(c
=h.performance.timing,f=window.performa
nce&&window.performance.now&&windo
w.performance.timing?window.performanc
e.now()+window.performance.timing.navig

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ationStart:+new
Date,b.lid=0l.mxe))){l.ec++;l.ter.push(a);e=e
    {};}var b=a[p] e[p];e[p]=b;e[q]=a[q]
e[q];b&&b!=z l.ecf++;w(a, e)}}function
w(a,e){if(a){var b=x(a,e),d=e.channel
M;if(ue.log.isStub&&h[u]&&h[u][v]){var
c={};c[d]=b;try{var
g=h[u][v]({rid:ue.rid,sid:m.ue_sid,mid:m.u
e_mid,sn:m.ue_sn,reqs:[c]}),f=h1,n;if(n!=(
f[D]&&f[D](E,g))){var l;if(h[F]){var
k=new
h[F];k.onerror=s;k.ontimeout=s;k.onprogre
ss=s;k.onload=s;k.timeout=0;l=k}else{var
p;if(h[G]){var q=new
h[G];p=withCredentialsin q?q:void 0}else
p=void
0;l=p}n=1}if(d=n){d.open(POST,E,!0);if(d
[H])d[H](Content-type,text/plain);d.send(g
)}catch(r){}}else m.ue.log(b,
d,{nb:1});if(!a.fromOnError){g=h.console
{};d=g.error g.log s;c=h[u];f=Error
logged with the Track&Report JS errors
API(http://tiny/1covqr6l8/wamazindeClieU
serJava):
;if(c&&c[v])try{f+=c[v](b)}catch(t){f+=no
info provided; converting to string
failed}else f+=b.m;d.apply(g,[f,b])}}var
G=XMLHttpRequest,F=XDomainRequest,
N=navigator,D=sendBeacon,v=stringify,u=
JSON,p=logLevel,q=attribution,y=pageUR
L,r=skipTrace,H=setRequestHeader,k=mes
sage,s=function(){},E=//+m.ue_furl+
/1/batch/1/OE/,l=m.ue_err,M=m.ue_err_ch
an
jserr,z=FATAL,J=v6,A=20,t=256,L=RegE
xp( (?([^\s]*):(\d+): \d+ )?.split(
),join(String.fromCharCode(92))),K=/.*@
.*):(/d*);x[r]=1;C[r]=1;w[r]=1;(function()
{for(var a,e=0;e (function(c,d){var
b=c.ue,a=d.navigator;b&&b.tag&&a&&(a
=a.connection a.mozConnection
a.webkitConnection)&&a.type&&b.tag(net
Info:+a.type)})(ue_csm>window);
(function(c,d){function g(a,b){for(var
c=[],d=0;d
ue_csm.ue.exec(function(d,e,a){function
b(a,b){return{name:a,getFeatureValue:func
tion(){return void 0!==(b 0)}}}function
h(a,b,c){return{name:a,getFeatureValue:fu
nction(){return b===c 0}}}}function
g(a,b){return{name:a,getFeatureValue:func

```

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tion(){for(var a=0;a < ue._bf.modules.push(
ue._bf.mpm(cc_ie5, 1) )
ue._bf.modules.push( ue._bf.mpm(cc_ie6,
1) ) ue._bf.modules.push(
ue._bf.mpm(cc_ie7, 1) )
ue._bf.modules.push( ue._bf.mpm(cc_ie8,
1) ) ue._bf.modules.push(
ue._bf.mpm(cc_ie9, 1) )
(function(g,b,h){function c(){var
a;a=h.cookie.match(/session-id=(/[w//-]+)/
);a=null!=a?a[1]:null;var
b=ue._sid,c=Date.now?Date.now():(new
Date).getTime();d[a]
(e.log({k:k,t:c,nsid:a,osid:b},f),d[a]=1)}var
k=sbk,f=csm;b=b.navigator.cookieEnabled
?!0:!1;var
e=g.ue,d={};e.log({k:cinf,enbl:b},f);b&&u
e._sid&&(d[ue._sid]=1,e.attach(beforeunloa
d,c),setInterval(c,1E3))})(ue_csm>window,
document);
ue_csm.ue.exec(function(e,f){var a=e.ue
{ },b=a._wlo,d;if(a.ssw){d=a.ssw(CSM_pre
viousURL).val;var
c=f.location,b=b?b:c&&c.href?c.href.split(
#)[0]:void 0;c=(b
)===a.ssw(CSM_previousURL).val;!c&&
b&&a.ssw(CSM_previousURL,b);d=c?relo
ad:d?intrapage-transition:first-view}else
d=unknown;a._nt=d},NavTypeModule)(ue
_csm>window); var
ue_mbl=ue_csm.ue.exec(function(e,a){fun
ction k(f){b=f
{ };a.AMZNPerformance=b;b.transition=b.t
ransition { };b.timing=b.timing
{ };if((f=a.webclient&&function===typeof
webclient.getRealClickTime?a.cordova&&
a.cordova.platformId&&ios===cordova.plat
formId?!1:!0:!1)&&b.tags instanceof
Array){var
c=-1!=b.tags.indexOf(usesAppStartTime)
b.transition.type?!b.transition.type&&-1

```

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