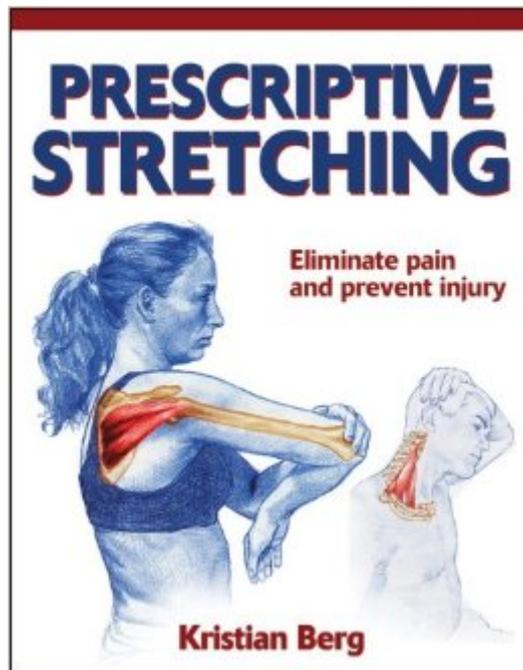


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# Prescriptive Stretching



## Synopsis

Elite athletes have long relied on personalized stretching programs to improve flexibility and prevent injury. What you might not know is that many of those targeted stretches have a much broader application, one that you can easily incorporate into your daily routine: pain relief. *Prescriptive Stretching* features full-color anatomical illustrations and step-by-step instructions for 40 of the most effective stretches to eliminate pain, alleviate muscle soreness, improve balance and flexibility, and prevent common injuries. In addition, you'll find sample stretching programs that you can follow as is or personalize to meet your body's needs. Best of all, *Prescriptive Stretching* shows you how to quickly assess your pain and identify the stretches to reduce discomfort. Specifically, you'll find recommendations for these common ailments: -Headache -Back pain -Neck stiffness -Shoulder soreness -Golfer's elbow -Tennis elbow -Runner's knee Whether you're looking to increase range of motion or simply eliminate muscle pain and discomfort, *Prescriptive Stretching* has you covered. Comprehensive yet easy to use, it's the guide you'll turn to again and again. v

## Book Information

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## Customer Reviews

I am working on a library of books in my workout room both for my own studies and to help clients with whom I work. What can be said with confusion can often be shown with ease of understanding and this is especially true within this book. There is no debate that stretching is important when working out...out muscles are like rubberbands and working them while they are cold can have the

same issues as a cold rubberband; we need to warm them up first, stretch, then stretch after a workout to lengthen and actually improve the results of our workouts. Doing it right is beneficial; doing it wrong can be quite detrimental. So this is where this book comes into play. One of the things I especially enjoy is that there are very realistic and detailed drawings showing the reader what muscle is being assisted with every move as well as detailed written instructions telling you how to do it. Whether you are a visual learner or one who absorbs info better through reading...or both--you are covered. Better yet, with each stretching move it also tells the reader about this muscle, the possible causes of tightness in it, as well as the symptoms of tightness and precautions regarding working it. While we learn the basic stretches in working out, this gives the reader some ideas as to how to do them better...with varied objects as well such as steps, a wall, a pole or broom handle, workout bands, tables and chairs. My favorite part? Stretches I've been doing for years that I thought worked a certain muscle were working something entirely different!! When I did especially hard leg workouts I was doing a move of crossing one leg over the other and leaning that I'd learned, thinking it stretched my thigh, for example, and come to find out--it's a lower back move.

I strained my back recently and wanted to do some super stretches to stretch out the muscles and ligaments. What I like about this book are the drawings of the muscles and where they attach. That part is very helpful. I have done yoga for most of my life and was disappointed in these stretches. They didn't really stretch me at all. And since I was looking for back stretches, to only have two stretches for the back, and both of those useless for me, I couldn't use this book. The main back stretch given is one where you lie on your side with the lower leg straight, and the upper leg bent. You then push your upper body upright with your arms, until your arm that is underneath you is straight. If you want to see if this book has stretches that will help you, I advise you to first try this exercise I just described yourself. It is supposed to target the very big deep muscles in the lower back. I couldn't feel any stretch from this, nor did it stretch out my muscle in the lower back that is in spasm. For some people it might be great however, so I'm not sure if it's just me it isn't effective for or not. The only other back stretch is one where you stand and put one leg navel high on a table or counter, bent so the knee is directly in front of your navel. You then lean forward over that bent leg with your upper body, while keeping the back arched. Again, this stretch did zero for me as far as feeling a stretch. I give these two stretches here so you can see for yourself if these will help you or not. This is it for the back stretches in this book. Some of the descriptions of the stretches are so bad you really can't understand the correct position at all and the drawings are of no help.

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