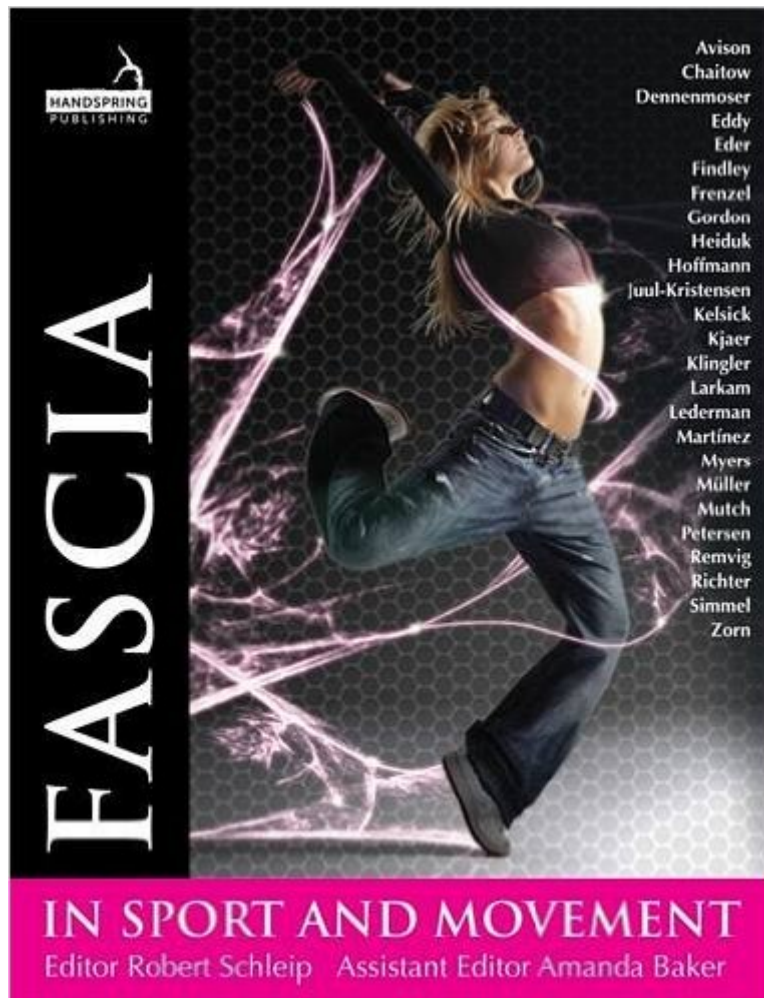


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Fascia In Sport And Movement



Synopsis

The book covers most current research and theory to underpin practice. It provides relevant clinical applications for sport and movement, and gives the manual therapist information on how different activities influence the body and the kind of injuries that might occur. The book upgrades the knowledge of the sport professional, yoga teacher and Pilates trainer with the necessary background to understand the injuries that might present and how to assess and refer.

Book Information

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Customer Reviews

First, this book is hard to get. I ended up ordering it from a different site, as it's always "out of stock" on .With that said, it's a fantastic book and worth the extra time and effort to get a copy.This is a great manual on the fascial system and how to specifically train the fascia in many different sport and performance approaches.It contains the latest science in the growing area of fascial research, but the majority of the book is the clinical application.The book is written by multiple authors, each writing in their "specialty" of fascial training, so there's loads of perspective and unique approaches here. Fascia in Sport and Movement is a book I was really excited about and it totally delivered with in-depth knowledge of "fascial fitness" and how to train the fascial system.It's definitely more a textbook, than anything else and I can see this being a continued valuable resource for understanding the science and applying the methods and techniques.Excellent resource for anyone who is seeking to improve human movement and performance, as well as better understand the

science of fascia. Areas of clinical application include: Yoga Pilates Dance Martial Arts Walking Functional Training Methods Sports Medicine Football (Soccer) Plyometric Training Kettlebells. These are areas (specific chapters) that are addressed in the 2nd half of the book with very specific techniques for training the fascia. I'd highly recommend this unique book to learn the latest in fascial science and learn how to apply different techniques. If you're a coach or practitioner, this is a book you'll use and refer back to you. Very in-depth and interesting read.

I am a personal trainer who is studying to also become a Certified Advanced Fascial Fitness Trainer. I found this book indispensable for deepening my knowledge and understanding on this fascinating subject. The practical applications of the research are particularly helpful for training my clients too.

When I heard this book was going to be published, I eagerly looked forward to it, because the concepts of training fascia were difficult so I couldn't apply my knowledge in my field. However, this book helped me a lot!! This book is not for everyone. It's for experts who work in the medical or training fields. "Fascia in sport and movement" includes current research of Dr. Robert Schleip and physical trainers' practical approaches to sports such as Yoga, Pilates, Dance, Martial Arts, Walking, etc. So you can learn about fascia and its concepts. You can also learn how to train and strengthen your client's fascia in your practice. Many trainers explain it well according to each sport's principle. However, there is another group, named "Fascia Fitness" who hold a different perspective. In their opinion, we need to use our weight and gravity to strengthen our fascia instead of equipment. Thus there is a disagreement over the training ways. Although there are several conflicting ideas, I strongly recommend this book. I'm sure it will help you understand about what fascia is and what the key is for training it. And, if you are interested in other methods, consider studying the methods of "Fascia Fitness" and compare both approaches.

We spend so much time looking at the skeleton and bone structure. This book is an eye opener for me. There are excellent contributions by a variety of people so one can have different points of view. Since working on my fascia connections most of my body pain has improved.

Beautiful

little too scientific, but very informative

Good info! Awesome book

This book is a WEALTH of information. A must read for anyone wanting to latch on to the leading edge of healthcare

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