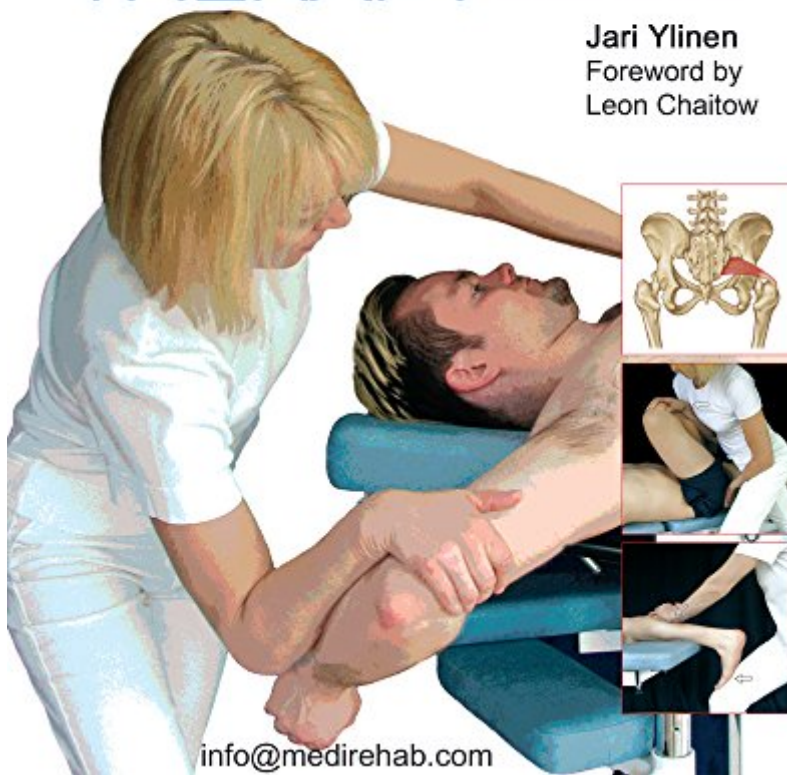


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# Stretching Therapy For Sport And Manual Therapies

## STRETCHING THERAPY FOR SPORT AND MANUAL THERAPIES

**Jari Ylinen**  
Foreword by  
Leon Chaitow



## Synopsis

This book is an excellent resource for clinicians using manual techniques, providing a great addition to their clinical skills. Muscle stretching is often taken for granted in therapy, and this book helps clinicians better appreciate the value of therapeutic muscle stretching. The first part of the book provides a quite detailed review of the scientific basis of stretching to help guide clinical decision making. It provides an excellent review of neurophysiology of stretching and different stretching techniques. This section includes one of the most comprehensive reviews of the research on stretching, including specific reviews on clinical conditions such as chronic neck and back pain. Since stretching can also cause as much harm as good, all-important safety considerations are provided. Part two provides specific stretching techniques for over 162 individual muscles. Each specific muscle is presented with clear photographs of the technique, as well as detailed instructions and safety warnings. I was surprised at the sheer number of stretches, including muscles I didn't know could be stretched such as deep neck muscles. These stretching techniques are easily integrated into other manual therapy treatments such as soft tissue mobilization, joint mobilization, and manipulation. The book does not review assessment of muscle length, so the reader is encouraged to rely on other sources for muscle length testing to determine if muscle stretching is indicated. Stretching Therapy is a useful text for any hands-on musculoskeletal practitioner, particularly physiotherapists, massage therapists, and chiropractors. Both novice and experienced practitioners will benefit from the text. Dr. Ylinen has done a fantastic job in creating a practical manual with a technique that compliments other manual techniques. Review by Phil Page, PT, ATC, MS, CSCS, Baton Rouge, USA. This is a relatively quite extensive book, containing both theoretical and practical findings vital for the "Stretching Therapy". It is divided into two parts, the first one (covering about one third of the whole work) includes 33 chapters systematically discussing the theoretical foundations of stretching and its physiological and neurophysiological aspects. The second part (accounting for about two thirds of the book) is practical in nature and - in another 10 chapters (or rather sections) - it is devoted to stretching techniques, described very vividly and in an appropriately great detail. A major advantage of the book, primarily in its practical part, is its excellent and rich pictorial documentation, all in all totalling more than 360 colour photographs and well-arranged and graphic drawings. The detailed description of the individual stretching methods is also highly valuable. On the other hand, in case of some of the procedures included therein we could argue whether this is still stretching in the true sense of the term. Seen from a practical point of view, the discussion of the application of stretching in different phases of therapy and in specific types of affection of the motor system is also a great asset. No less significant is its description of

the application of stretching in prevention with a view of sporting activities. Equally valuable is the inclusion of chapters on research in the given area, particularly so since at present it is virtually impossible to recommend or apply with any responsibility any technique without resorting to the EBM (evidence-based medicine) approach. Quite undoubtedly, this is an excellent book that can be used in a number of professions - primarily by physiotherapists, sports therapists as well as in manual medicine and - in the countries which have the professions of osteopaths and chiropractors - also in those disciplines. Review by Prof. Dr. Dagmar PavlÃ¡ Charles University Prague

## **Book Information**

File Size: 98015 KB

Publisher: Medirehabook Inc.; 2 edition (December 28, 2015)

Publication Date: December 28, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B019YEE6HU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #552,093 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #54

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