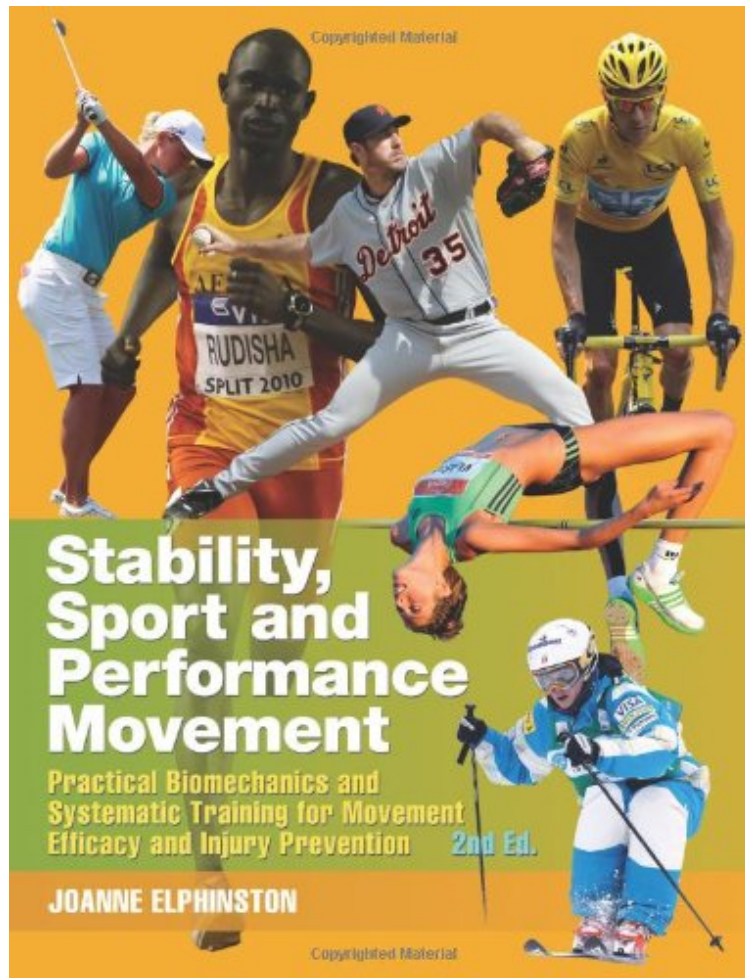


(Free pdf) Stability, Sport and Performance Movement: Practical Biomechanics and Systematic Training for Movement Efficacy and Injury Prevention

Stability, Sport and Performance Movement: Practical Biomechanics and Systematic Training for Movement Efficacy and Injury Prevention

Joanne Elphinston

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#190974 in Books Lotus Pub 2014-04-30 Original language: English PDF # 1 10.70 x .70 x 8.301, 2.50 #File Name: 1905367422384 pages Lotus Pub | File size: 47.Mb

Joanne Elphinston : Stability, Sport and Performance Movement: Practical Biomechanics and Systematic Training for Movement Efficacy and Injury Prevention before purchasing it in order to gauge whether or not it would be worth my time, and all praised Stability, Sport and Performance Movement: Practical Biomechanics and Systematic Training for Movement Efficacy and Injury Prevention:

19 of 19 people found the following review helpful. Essential Read By John P. Nickelston I love this book. It has become one of my top go to resources of information in helping my clients suffering from chronic musculoskeletal

pain. I had always suspected there was more to optimizing movement than simply focusing on increasing mobility and this book solidified it. Stability was the underlying missing component I had been searching for. The author does a simple and concise job of explaining what stability is and why it's important in movement and performance. I liked how the pages were structured in progressing phases of corrective interventions. She discusses what can cause movement dysfunction and lack of coordination in movement patterning. The chapter on anatomy of stability covers the difference between stabilizers and mobilizers and their impact on movement control in the three control zones of muscle action. This was very helpful in helping me understand the relationship between poor stability and the root cause of pain problems. Key concepts in efficient movement covers posture, breathing, the foot, the face, and subtle compensation patterns that reveal a lot about a person. This has helped up my game in evaluation processes. Functional assessment, activation and awareness, integration, global coordination, and dynamic control are covered in great detail at the end of the book. I liked how the book takes the learning and information process to the real life application process designing training programs. You can bring an athlete back from an injury and help them move more efficiently for injury prevention. As a clinician and an athlete this book is an invaluable tool in the quest to become better at what you love. I highly recommend this book be added to your library of must reads. No matter where you are in the game of athletics; clinician, coach, or competitor this book is essential. 0 of 0 people found the following review helpful. fantastic source of knowledge on restoring proper biomechanics and strong, healthy movement patterns By Nathan Martinez I originally gave this book 2 stars based solely on its construction, since the preview shows that this book is fully in color but the book actually spontaneously turns black and white after page 121 until the end. I contacted the printer and publisher and they both said that this was done because the book wasn't selling enough copies and by printing fewer pages in color, they would bring the cost of the book down enough to keep printing it without losing money. fair enough, but still a little disappointing. anyways, the content of this book is 5 stars. it focuses on the A-Z of how to build up a strong, interconnected athletic body. it has saved me from tons of pain and misery and has taught me how to balanced my hips and my torso and improve my strength enough to facilitate proper shoulder movement. who would've thought that my shoulder tightness all this time was due to having poor hip flexibility and strength! this book is phenomenal and a must have for any athletic individuals (I bought it to educate myself and therefore cannot speak on its merit for practitioners; however I think it's an excellent book in that regard as well). I went to 4 physical therapists for my shoulder problems, and not a single one thought of looking at my hips and core to see if there was a greater biomechanical issue there that was causing my shoulder dysfunction. as it turns out, the body is incredibly interrelated, with upper limbs and muscles being highly dependent on the strength of lower muscle groups to provide stability and a strong platform to operate on. this book will help you bullet-proof your body from injury, teach you how to have fully-optimal athletic biomechanics, and take you to a new level of athletic performance (especially for those of us who will never be professional athletes and are getting fitter and stronger for the love of athleticism; not having anyone show you the ropes can lead you into traps you never saw coming, but this book will set you straight for good). absolutely worth the purchase, but perhaps the book was a little redundant/verbose at times. still highly, highly recommended, 5 stars 4 of 4 people found the following review helpful. best book of its kind By Peter Sebastian Have worked in this field for 30 yrs. This is best book regarding content and clarity. Only criticism is that a page reference should be given rather than a chapter where exercises are suggested to correct a problem found on he screening tests. Pete

Move better, prevent injuries and understand the body in action. Whether you are a coach, a rehabilitation professional or an athlete, understanding movement and its relationship to performance and health equips you with powerful, practical knowledge. Now in its second edition, this book provides the tools for understanding and working with movement in simple but effective ways, with even more user-friendly tips to uncover potential physical barriers and unlock the potential for fluent, effortless movement. In this new edition, Joanne Elphinston introduces functional force management (FFM) as a concept for understanding the different control strategies needed between sports, how it influences training choice, and its relationship to injury prevention as well as performance. The book includes an updated Foundations and Fundamentals section with an entirely new chapter on FFM, as well as in-depth exploration of these principles in each key body zone. Packed with full-color and black and white images to illustrate the techniques and concepts involved, this timely text provides a comprehensive chapter on analyzing movement, followed by a progressive integrated program of stability, mobility, coordination and balance to create the foundation for effective movement, from early activation through to higher level neuromuscular activities. Sample programs and clinical examples help the reader to understand the application of this approach across a variety of sports. The techniques and philosophy within the book have been applied with international-level athletes in disciplines as diverse as swimming, badminton, gymnastics, karate, cycling, weight lifting, basketball, athletics, snow sports, football, golf, equestrian sports and tennis. However, they have been applied equally effectively by people of all ages and ability levels as they come to understand their bodies and learn to work with them systematically from sound foundations.

About the Author Joanne Elphinston is a Performance Consultant, international lecturer and physiotherapist working

with elite and professional athletes including Olympic, Commonwealth and World Championship medallists, Premiership footballers and professional golfers. Joanne has been a consultant on Performance Movement to the British Olympic Association, as well as advising professional sporting organisations on technical movement enhancement for performance, injury prevention and rehabilitation. She also has extensive experience in child and adolescent movement development for sport and its progression into senior competition. With Paul Pook, Joanne co-wrote the best-selling *The Core Workout*.