



## Therapeutic Stretching: Towards a Functional Approach, 1e

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## Therapeutic Stretching: Towards a Functional Approach, 1e

"This is a highly enjoyable and well presented book that I recommend for any clinician from student to experienced practitioner. It is suitable for all physiotherapists, manual therapists, sports physiotherapists/therapists, strength and conditioning coaches, sports scientists, athletes and patients who would like to understand, recover and improve their range and ease of movement."

**Jimmy Reynolds, Head of Sports Medicine - Academy, Ipswich Town Football Club, Oct 14**

- Helps transform thinking about the therapeutic value of stretching and how it is best applied in the clinical setting
- Examines the difference between therapeutic and recreational stretching
- Focuses on the use of stretching in conditions where individuals experience a loss in range of movement (ROM)
- Explores what makes stretching effective, identifying behaviour as a main driving force for adaptive changes
- Discusses the experience of pain, sensitization and pain tolerance in relation to stretching and ROM recovery
- Contains over 150 photographs and 45 minutes of video describing this new revolutionary approach
- Applicable to a variety of perspectives including osteopathy, chiropractic, physical therapy, sports and personal trainers
- Ideal for experienced practitioners as well as those taking undergraduate and postgraduate courses

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