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Fascia In Sport And Movement

Fascia in Sport and Movement is divided into two well laid out sections. The first section discusses the research and theories of fascia as they pertain to force transmission, biochemistry, elastic storage, recoil dynamics, stretching, etc. The second section addresses the clinical applications of fascia training.

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Fascia and movement: the primary link in the prevention of ...

Getting the spring back in your step One of the most inspiring aspects for movement and sports practitioners, within this rapidly advancing field of new scientific revelations about fascia is the ability of tendons and aponeuroses to store and release kinetic energy. This will be addressed in detail in Chapter 10.

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Fascia in Sport and Movement will enhance the knowledge of the manual therapist, sports professional, yoga teacher and Pilates instructor and improve their understanding and management of soft tissue injuries.

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Understanding of connective tissue has greatly increased in recent years in physiotherapy, sports science and medicine. Muscular connective tissue - known as fascia - plays an important role in health, well-being and mobility, as it transmits the power of the muscles, communicates with the nervous system and serves as a sense organ.

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Fascia ensures the protection of the internal organs and forms the basis for a beautiful body shape. Connective tissue can work in the same way as your other muscles, responding to stress and nerve signals and, if it gets tangled or glued together, causing pain and problems with movement.

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FASCIA in Sport and Movement provides sports coaches, movement teachers and manual therapists with the latest research on fascia in an accessible format. The book shows how an understanding of fascia's structure and function may inform your clinical practice.

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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.

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This is the first book to explain normal and abnormal fascia in the context of sport and movement. It describes the basis of fascia and how an understanding of this tensional network can assist in managing clinical problems.

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You'll learn the most effective techniques for your sport, your position, or your event; then you'll put these techniques into action. Using the new Stretch to Win fascia mobility assessment (FMA) protocol, you'll determine range of motion deficits and

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