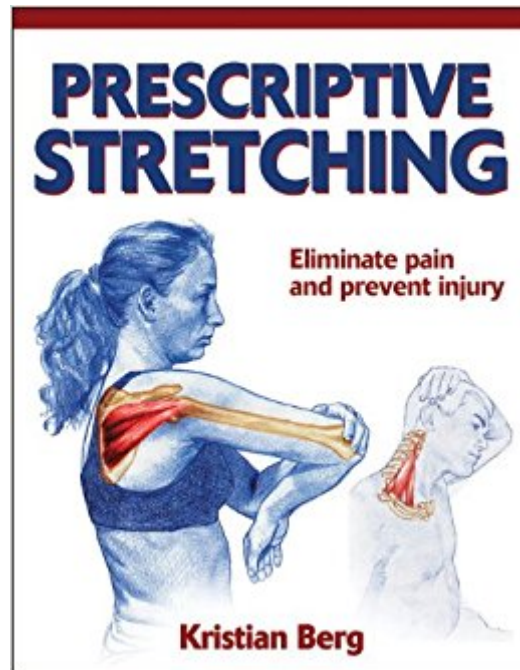




The book was found

# Prescriptive Stretching



## Synopsis

Elite athletes have long relied on personalized stretching programs to improve flexibility and prevent injury. What you might not know is that many of those targeted stretches have a much broader application, one that you can easily incorporate into your daily routine: pain relief. Prescriptive Stretching features full-color anatomical illustrations and step-by-step instructions for 40 of the most effective stretches to eliminate pain, alleviate muscle soreness, improve balance and flexibility, and prevent common injuries. In addition, you'll find sample stretching programs that you can follow as is or personalize to meet your body's needs. Best of all, Prescriptive Stretching shows you how to quickly assess your pain and identify the stretches to reduce discomfort. Specifically, you'll find recommendations for these common ailments: -Headache -Back pain -Neck stiffness -Shoulder soreness -Golfer's elbow -Tennis elbow -Runner's knee Whether you're looking to increase range of motion or simply eliminate muscle pain and discomfort, Prescriptive Stretching has you covered. Comprehensive yet easy to use, it's the guide you'll turn to again and again.

## Book Information

Paperback: 152 pages

Publisher: Human Kinetics; 1 edition (February 24, 2011)

Language: English

ISBN-10: 0736099360

ISBN-13: 978-0736099363

Product Dimensions: 0.5 x 8.2 x 10.8 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 84 customer reviews

Best Sellers Rank: #250,679 in Books (See Top 100 in Books) #45 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #250 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #454 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

## Customer Reviews

"Prescriptive Stretching is a well-illustrated, scientifically sound book that will help you achieve better flexibility and improved wellness." • Brad Schoenfeld MS, CSCS -- Author of Women's Home Workout Bible and Sculpting Her Body Perfect "In Prescriptive Stretching, Kristian Berg offers a recipe for a pain-free life with safe and easy stretches." •

Ulf Westerlund MD, PhD   “Prescriptive Stretching teaches the correct techniques for achieving balance in the muscles.”   Jan Giaever MD -- Level 2 Sports Medicine Physician

Kristian Berg is a doctor of naprapathy, a medical therapy that focuses on manual manipulation and stretching of the spine and connective tissues. He has managed his own clinic in Stockholm, Sweden, since 1988. Berg participates annually in international training courses in dissection, anatomy, and manipulative techniques. At his clinic he has shown more than 30,000 patients the importance of stretching and muscular balance for overall health. Berg is also the principal at the Personal Training School and a lecturer in anatomy at the Scandinavian College of Naprapathic Manual Medicine in Stockholm. He is a highly regarded speaker on stretching and athletic training in Sweden and throughout Europe. Before becoming a naprapath, Berg was a nationally ranked gymnast and a talented junior tennis player. More recently, he has competed as a multisport athlete and has climbed Aconcagua, the highest peak in South America. Berg currently resides in Svartsjö, Sweden.

This is an awesome book. I was struggling with shoulder pain of my right rotator cuff supraspinatus for a year after lifting heavy weight on dumbbell side laterals. No one was able to help me and me being a massage therapist would tell other therapist what to do with no avail. I came across this book, ordered it. Did the exercises it told me to do for my problem and whala, pain had left. Of course it would come back from working out but pain lessened. I continue to do the stretch as need, but have to say is rare now. I don't understand how some say it's hard to understand what book says and unable to follow. I have dyslexia and trouble reading but had no problems. As a therapist that specializes in pain management, I prescribe same exercises in this book to my clients to help them.

Unfortunately, the book is entirely devoted to management of pathology, rather than development of athletic ability. In other words, stretching routines are designed around the question, "where does it hurt?", rather than the question, "what do you want to be able to do?".

This book provides very clear diagrams and descriptions for stretching my poor muscles. I love how the author provides explanations of what the muscles do, descriptions of what happens when there is a problem with the muscle, and instructions for testing the muscles for issues. I think that this information helps me to do the actual stretches better. Ms. Berg obviously is very vigilant about

making her instructions and diagrams help the reader do stretches that will not cause damage. I really appreciate that.

This is straightforward and if you follow the directions really works. Who knew I was not correctly stretching my hamstrings all this time. I do think the hard copy might be a better bet than the kindle version for moving from one stretch to another.

This is an easy guide to follow. The pictures are clear and I like learning about which muscle is which. It is easy for anyone to follow even if you don't have a degree in medicine.

I bought this book after a recent issue with tendonitis in my elbow that just wasn't clearing up, even after physical therapy and a shot of cortisone. The descriptions of what "hurts" and the potential causes or things that aggravate a condition were very helpful in selecting the exercises. The illustrations are helpful and instructions quite understandable. I found several exercises that were helpful and I can perform during my work day to help keep my arms flexible and relieve some of the symptoms. I would recommend this book to anyone who gets fatigued or achy from any type of activity

It's a great book for everyone. It has clear instructions and drawings. I used that book many times to show my patients how to perform stretching at home. I gave 4 stars, cause I think that Physiotherapists will also need something more detailed. Anyway I really like this publication.

Good book

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Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Prescriptive Stretching Splits: Stretching: Flexibility - Martial Arts, Ballet, Dance & Gymnastics Secrets To Do Splits - Without Leg Stretching Machines or Cables (Splits, Stretchers, ... Leg Stretching Machine, Cables, MMA Book 0) Back Stretching - Back Strengthening And Stretching Exercises For Everyone Stretching For Golfers - the complete 15 minute stretching and warm up routine that will help you improve your golf swing, score, and game (golf instruction, back pain, golf books, golf) Yoga for the Young at Heart: Gentle Stretching Exercises for Seniors End Everyday Pain for 50+: A 10-Minute-a-Day Program of Stretching, Strengthening and Movement to

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