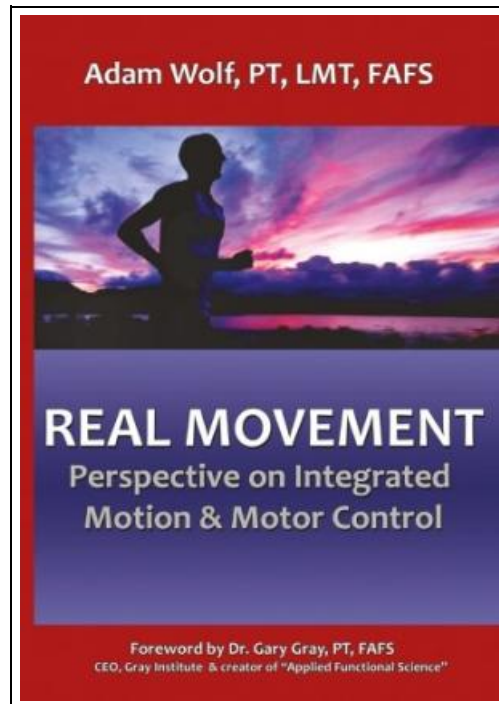


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Reviews

*Definitely among the best book I have possibly read. I have study and i am sure that i will going to go through once more once more later on. Your lifestyle span is going to be convert when you full looking at this publication.
(Prof. Damon Kautzer III)*

REAL MOVEMENT: PERSPECTIVE ON INTEGRATED MOTION MOTOR CONTROL (PAPERBACK)



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Golden Mango Press, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In this hands-on, practical book, Adam Wolf synthesizes his experiences in both the sports medicine and movement industries into a digestible, practical, and easy to understand introduction to integrated human movement while providing assessment and progression strategies along the way. REAL MOVEMENT is the first book to define true, integrated human motion, within the context of the latest motor control theory and apply it to real life patterns of movement. Whether you re a sports medicine or physical rehab professional, a corrective exercise or functional movement trainer, or just a movement enthusiast, this book is for you. The reader will gain an understanding that the site of injury typically isn t the cause of the injury and is often the result of something doing too much because something above or below isn t doing enough. With this in mind, the reader will explore specific ways to address these issues region-by-region. Throughout this book, Adam dives into understanding the interconnectedness of the body, within a framework where bones move, joints feel or perceive motion, and myofascia reacts to control the movement, all while being governed by the nervous system. REAL MOVEMENT s in-depth discussions include: * Qualities of integrated movement * Naming 3-D joint motion * Introduction to motor control theories * Current research on fascia and its influence on movement * Clinical considerations of the Lower Extremities * Clinical considerations of the Upper Extremities * Clinical considerations of the Thorax * Additional resources and readings lists at the end of each chapter * Detailed, accessible and easy to understand Exercise/Movement Library describing specific movements, exercises, progressions and regressions We benefit from Adam s ability to synthesize the best approaches to a practical blend...



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