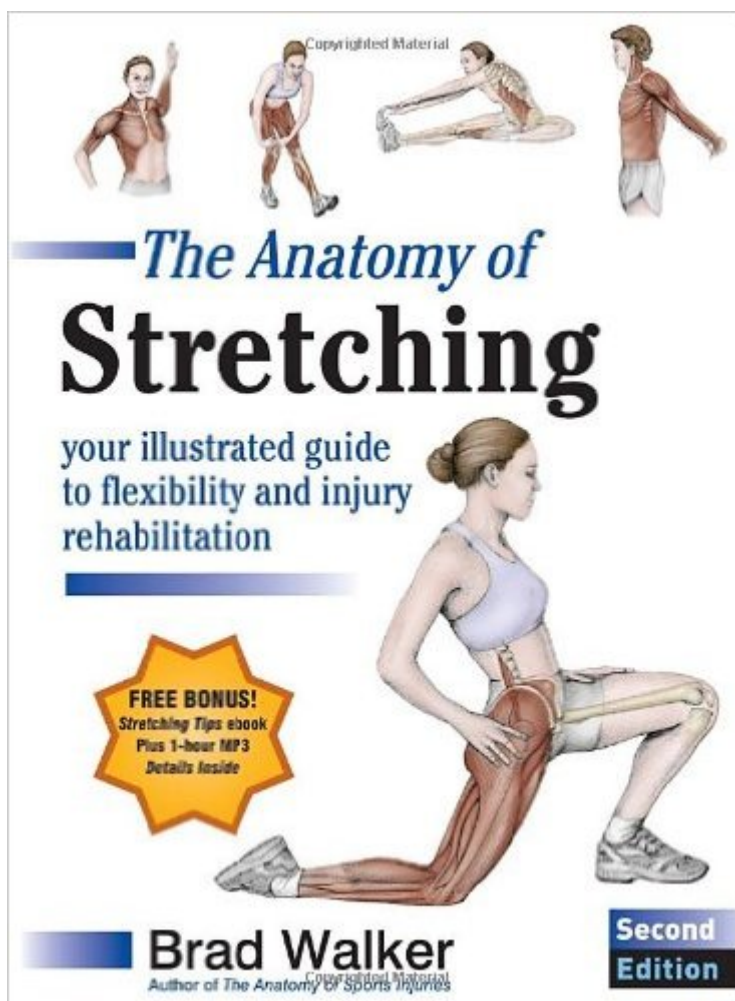


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# The Anatomy Of Stretching, Second Edition: Your Illustrated Guide To Flexibility And Injury Rehabilitation



## Synopsis

The multiple stresses of contemporary life—whether from excessive sports play, overwork, or overuse of technology—are increasingly taking a toll on the body. Symptoms range from muscle soreness and pain to pinched nerves to potentially more permanent disabilities, including serious body injuries. One safe, quickly productive way to address the problem is through a simple therapy that can be done anywhere, anytime, and without special equipment: stretching. This new edition of Brad Walker's™ best-selling book on the subject presents 135 unique stretching exercises designed to help repair the body and make it more flexible, fit, and relaxed. The book begins with clear, detailed descriptions of important principles of anatomy and physiology, the benefits of stretching, different forms of stretching, rules to remember, and how to stretch properly. It also focuses on the kinds of stretches that are most helpful in the alleviation or rehabilitation of specific sports injuries. Organized by body part, *The Anatomy of Stretching* presents stretching exercises in a uniform style accompanied by full-color anatomical illustrations. Equally useful for fitness fans, pro or amateur athletes, coaches and personal trainers, and healthcare practitioners, this new edition contains 20 new stretches; expanded physiology and anatomy information; and a revised numbering system that makes the stretches easier to reference. An expanded appendix includes a longer resources section and a helpful chart describing the top five stretches for each sport and sports injury.

## Book Information

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## Customer Reviews

If you wish to be a martial artist, there are other stretching books that teach maximum flexibility: e.g.

Stretching Scientifically by Thomas Kurz. or yoga books such as YOga: The Iyengar Way by Mira Silva & Schyam Mehta. But if you've hurt your back or other body parts (e.g. legs, shoulders, etc.), then this single volume is a gold mine. I've written several cover stories in Inside Kung Fu and Kung Fu Wushu magazines, and have practiced martial arts since a very early age. I have had perfect splits in life, but became less flexible via neglect. Trying to get back in shape, I hurt my back three years ago and sometimes had trouble bending down (on very bad days) or would rehurt my back when trying to resume running and shaolin kung fu. Fortunately, I taught at a college that had a Ph.D. program in physical therapy so I got free physical therapy for a year. All of the therapy exercises I learned for free are included in Brad Walker's Anatomy of Stretching. In addition, Walker's book contains dozens of wonderful exercises to provide therapy for hurt body parts, and to obtain general flexibility. I visited bookstores to compare the texts, and Walker's book provides wonderful schematic drawings on how the muscles are involved at the very moment of each specific stretch. Unlike other stretching anatomy books, Walker's provides a specific itemization of how to do the exercise, what body part is affected, what injury it treats, what sport it's good for, and when to avoid the stretch if you have a particular injury. It's the best diagrammed text around. I would recommend buying this book with a couple of other texts that are equal to Walker's in many respects (and sometimes better, sometimes worse): Two books by Kit Laughlin: 1. Stretching & Flexibility, and 2.

A light weight book, 165 pages which cover 114 stretches. There are 200 detailed sketch style pictures of men and women in different stretches. There are 15 color coded chapters with good sized illustrations on nearly every page. Pictures are sketched very accurately in black, white and shades of gray and arranged in chapters by body area. They show the primary and secondary muscles that are being worked, muscles are colored in shades of pink and red and really pop out from the page. An instant understanding of the body part being worked can be gained with a glance. Brad Walker's "The Anatomy of Stretching" has much more detail and information than a similar book "stretching Anatomy" by Arnold G Nelson and Jouko Kokkonen. I bought both books and I like the Nelson book well enough, but for an additional \$5 or so I would suggest Walker's book is a better buy, like a grown up version of the Nelson book. More bang for your buck, much more information, a very detailed index describing every stretch which saves time locating the info. Each stretch is broken down into 5 paragraphs. "Technique; Muscles being stretched; Sports that benefit from this stretch; Common problems and additional information for performing this stretch correctly". Lastly "Complimentary stretch". This just gives a page number to refer back to for a complimentary

release stretch. There is a 3 page glossary of medical terms for injuries ranging from Ankylosing spondylitis to Trochanteric bursitis. An Appendix of sports and page numbers to access relevant stretches, Similar to Bob Anderson's book on "Stretching".

This book gives a great introduction to different schools of stretching and some relevant biology and bio-mechanics. Neither of these are really integrated into the remainder of the text, and the illustrations of the biology relevant to muscle firing are inadequate. Much more helpful and relevant would be an address of nutrition and stretching (drinking water isn't even mentioned). Walker shines in his personal experience, which can weigh in heavily against laboratory research from scientific journals. His expertise on how long to hold stretches and the benefits of different kinds of stretching is won over years of experience. Walker is a genuine synthesist, taking from everything useful. While he shows some familiarity with contemporary scientific studies, he's not engaging with a depth or aptitude that warrants the title of the book. For example, he cites a 1970's study of muscle firing and ignores contemporary work of fascial tension altogether. It would be wonderful to team him up with a scientist more abreast of recent directions in the literature. The practical section is straight-forward and clear. Particularly helpful are the pointers to complementary stretches for muscle groups, but it's curious that he didn't include antagonist stretches given their importance. The real disappointments of the book for me are as follows. 1) Details, man! Despite emphasizing the importance of a number of approaches to stretching, he doesn't emphasize dynamic or muscularly engaged stretching in his examples. He rarely mentions engaging the muscles being stretched. This leaves us with yet another book of largely passive stretching.

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