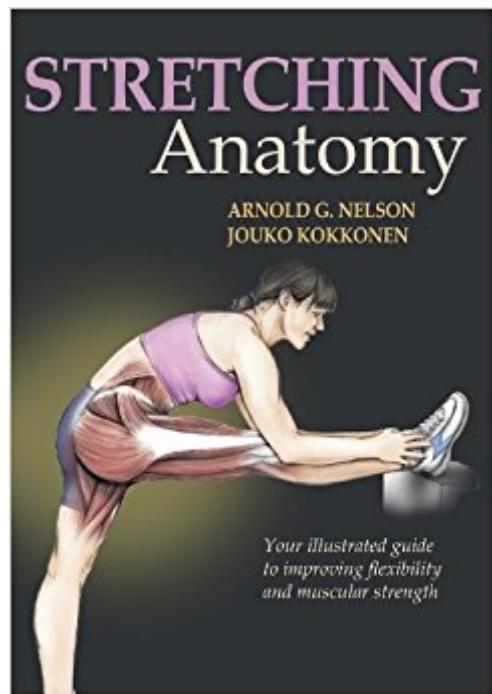


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# Stretching Anatomy



## Synopsis

See inside every stretch—and maximize flexibility! Stretching Anatomy will arm you with the knowledge to increase range of motion, supplement training, enhance recovery, and maximize efficiency of movement. You'll also gain a detailed understanding of how each stretch affects your body. Stretching Anatomy is like having an X-ray of each stretch, only better. Not only do you see full-color illustrations of the muscles in action, but you also find out how changes in position can alter the muscle emphasis and difficulty and how variations can improve safety and effectiveness. Each exercise includes detailed instruction on how to stretch, when to stretch, primary and secondary muscle emphasis, and which muscles are activated for support. Stretching programs provide three levels of difficulty, including light stretching that can be used as a warm-up or to aid in recovery from soreness or injury. And summary movement tables show how to customize stretching programs to focus on key problem areas. Whether it is increased flexibility or reduced muscle soreness or tension, Stretching Anatomy allows you to see and feel the benefit of proper stretching technique.

## Book Information

Paperback: 147 pages

Publisher: Human Kinetics; 1 edition (November 16, 2006)

Language: English

ISBN-10: 0736059725

ISBN-13: 978-0736059725

Product Dimensions: 7 x 0.3 x 10 inches

Shipping Weight: 13.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 132 customer reviews

Best Sellers Rank: #697,390 in Books (See Top 100 in Books) #92 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #489 in Books > Health, Fitness & Dieting > Alternative Medicine > Massage #1219 in Books > Medical Books > Basic Sciences > Anatomy

## Customer Reviews

Stretching Anatomy is the most complete guide to stretching I've seen. Its illustrations, tips, and explanations inspired me to stop procrastinating and start getting limber. Janet LeeDeputy Editor, Shape The beautiful, highly detailed illustrations in Stretching Anatomy are the best I've ever seen, and the book's advice and exercises are simple, clear, and easy to

follow. It's an invaluable resource for anyone from novice exercisers to fitness professionals." Sara Kooperman Owner and Executive Director of SCW Fitness Education

Arnold G. Nelson, PhD, is an associate professor in the department of kinesiology at Louisiana State University. A leading researcher on flexibility, he is considered one of the top authorities on how stretching affects muscle performance. Nelson is a fellow of the American College of Sports Medicine and earned his PhD in muscle physiology from the University of Texas at Austin. He resides in Baton Rouge, Louisiana. Jouko Kokkonen, PhD, is a professor in exercise science at Brigham Young University in Hawaii. For more than 20 years, he has taught anatomy, kinesiology, exercise physiology, and athletic conditioning, and for 35 years he has coached track and field. Kokkonen's research has revolved around the acute and chronic effects of stretching. He earned his PhD in exercise physiology from Brigham Young and now resides in Laie, Hawaii, with his wife, Ruthanne. About the Illustrator Jason M. McAlexander, MFA, founded Quail Ridge Studios in 2004, where he specializes in scientific and medical illustrations in both traditional and digital media. Previously, he served as art director and chief illustrator for a multinational publishing company based in Portland, Oregon. McAlexander received his bachelor's degree in biological and premedical illustration from Iowa State University and went on to receive his master of fine arts degree in medical and biological illustration from the University of Michigan.

I have been into physical fitness all my life and now that I am into my so-called "golden years" I am doing more stretching exercises. When I saw this excellent 147 page soft cover (Stretching Anatomy by Arnold G. Nelson and Jouko Kokkonen) book on for a bargain price I immediately purchased it. The wonderful fully colored illustrated book explores in detail numerous stretching exercises to improve your flexibility and muscular strength. Do not pass up the introductory section. The introduction covers reasons for stretching, how to stretch properly and explains the five levels you should follow when working out with the flexibility exercises. The seven chapters cover an enormous amount of different kinds of stretching movements. The first chapter deals with flexibility exercises for the neck. The second chapter explores exercises to improve the flexibility in the shoulders, back and chest. Arms, wrists, and hand flexibility exercises are shown in chapter three. Chapter four has exercises for the lower trunk. The hip flexibility exercises are covered in chapter five. Chapter six emphasizes flexibility exercises for the knees and thighs. The last chapter shows flexibility exercises for the feet and calves. If you are seeking a comprehensive book on stretching this book is for you. I have read numerous books in

the past on stretching and this book is one of my favorite volumes on stretching. Rating: 5 Stars.  
Joseph J. Truncale (Author: Seated Zen Karate for seniors and those with physically challenged).

Stretching Anatomy has lovely color illustrations of men and women performing the different stretches. The chapters are uncomplicated and it is easy to quickly reference all of the muscles and their actions. I really like the chapters on Arms, wrists and hands and also knees and thighs. Every illustrated stretch has a box beneath with a detailed color picture of the anatomy, all muscles are labeled clearly. You can quickly sort out any confusion you may have between similar sounding muscles. I get my Teres Major and minor muscles mixed up for example or my Flexor carpi radialis brevis and longus. A quick look in this book will set you straight in a short space of time. Generally 2 pages are dedicated to each stretch, one page has the illustrations the other page has three short paragraphs, no more than several lines in each paragraph though. "Technique", "Muscles stretched" (most stretched and least stretched), and "Commentary" which gives you modifications, variations and various tips on deepening the stretch. The information is very brief. If you need more detail on muscles involved, or origins and insertions, this is not the book for you, explanations are limited to muscle action and pictures. This is a very nice, simple and uncomplicated book, if you want a little more detail I would suggest spending around \$5 more and getting "The anatomy of stretching" by Brad Walker (very similar titles) or at least review both books before buying to see which suits you best. At the end of each chapter of "Stretching Anatomy" all muscles are listed down the left side of the page and the actions across the top of the page. Ticks symbols show the action of each muscle. This book is a useful tool for anyone reviewing muscles for their anatomy exams, massage therapists, fitness instructors, physiotherapists who are just starting out etc. The stretches shown for arms and wrists are my favorite. Whether you are a yoga instructor looking for a few new ways to warm up your students before their Asana practice (a good deal of the stretches shown remind me of yoga poses such as Janu Sirsasana, Baddah konasana, paschimottanasana, or you are a massage therapist educating your clients on self care, or an athlete looking for information on increasing flexibility this 143 page book is very handy as a reference book or as a guide to design your own stretching sequences.

While the illustrations are excellent, the text is good, but the material is covered in a similar manner and to a much better level of detail in Yoga Anatomy (another book in this series with the same illustration style). If I were to have a choice, I would have only bought Yoga Anatomy and felt satisfied with my purchase.

I checked this out at the library on the advice of some bellydancing friends, and I found it so handy I made sure to order my own copy. It's wonderfully clear and concise: No treatises on theory, just brief descriptions of what the various muscle sets do, and the excellent, large, totally clear and well-labeled diagrams of every stretch (and then later of the various muscle sets at rest). It makes it ridiculously easy to understand what's happening when I stretch or dance, and also to identify the aches and pains I sometimes get as an active person. Each section handles a different part of the body i.e. neck, hips, knees and thighs, arms, wrists, so the stretches are easy to find -- you don't have to remember the names of the muscles you want to stretch, just flip through the appropriate section. Each stretch lists which muscles it acts primarily and secondarily upon. Each stretch has any appropriate warnings or other notes, such as positions to enhance the stretch or make it easier for your limitations. In no part of the book are the stretches limited to contortionist's poses or advanced yoga-type positions. Stretches are offered on the most basic level for every body part as well as more advanced options. You're sure to find a simple, accessible stretch for any muscle group.

Ok, if you are a bodywork professional, an exercise coach, or a common joe like myself who likes to know what he's doing while he's making like a pretzel (or attempting) this book has beautifully done illustrations that connect body stretches with muscle groups. I especially recommend this book be on hand for professionals like physical therapists and other medical professionals who deal with sports training and injury recovery. This book beats hands down the typical anatomy books one used in high school and college. If I were teaching massage I would certainly make it part of the school's core curriculum. The author duo, Nelson and Kokkonen have taken the area of explaining exercise kinetics to a new level...one that we all can use!

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