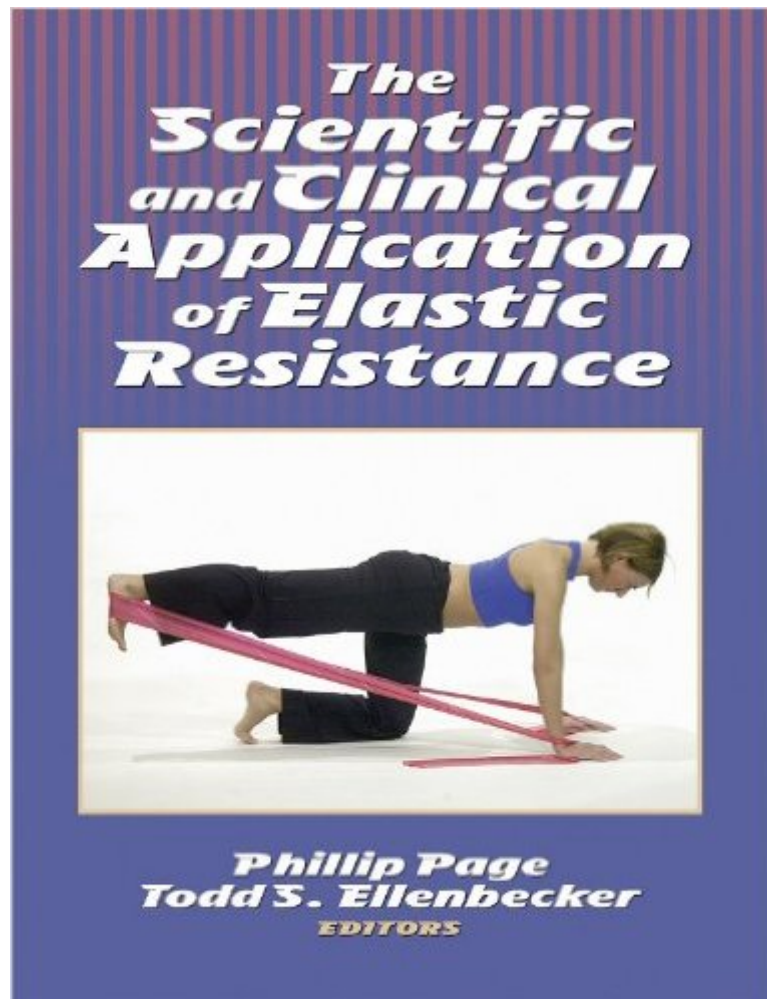


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# The Scientific And Clinical Application Of Elastic Resistance



## Synopsis

Gain a solid base in the science behind elastic resistance exercise and learn the latest clinical applications for rehabilitation and fitness. The Scientific and Clinical Application of Elastic Resistance is the most comprehensive guide to elastic resistance exercise. With this expansive reference, students and clinicians will learn how to deliver the most effective clinical and home exercise programs for patients and clients as well as tailor individual programs to improve physical conditioning and sport-specific abilities. The book's 430 photographs show how to perform a variety of exercises using elastic resistance bands and tubing. The companion CD-ROM (which can be purchased separately from the link below when it is available) contains all the exercises in the book, making it one of the most complete collections of elastic resistance exercises available. The CD-ROM is set up in the PhysioTools platform and allows users to order, edit, and download exercise programs, as well as sort exercises by body part, sport/activity, or special population for quick reference; develop protocols of elastic resistance exercises; and provide clean-printed handouts with instructions for patients. The Scientific and Clinical Application of Elastic Resistance presents a broad range of easy-to-access information organized into five parts: scientific applications, exercise applications for different areas of the body, training applications, sport-specific applications for 10 different sports, and special populations.

## Book Information

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## Customer Reviews

This book is a reference for physical therapists, occupational therapists, athletic trainers, clinical

exercise physiologists, strength/conditioning specialists, personal trainers, and sports medicine physicians. It's not for the layman, although there are some interesting topics here that would likely interest many. The contents include:

Part I. Scientific Basis  
Chapter 1. Scientific Basis of Exercise Resistance  
Chapter 2. Clinical Research on Exercise Resistance  
Chapter 3. Dosing of Elastic Resistance Exercise

Part II. Exercise Applications  
Chapter 4. Upper Extremity Exercises With Elastic Resistance  
Chapter 5. Lower Extremity Exercises With Elastic Resistance  
Chapter 6. Spinal Exercises With Elastic Resistance

Part III. Specific Training Applications  
Chapter 7. Plyometrics With Elastic Resistance  
Chapter 8. Speed and Agility Training With Elastic Resistance  
Chapter 9. Reflexive Neuromuscular Training With Elastic Resistance  
Chapter 10. Fitness Programs With Elastic Resistance  
Chapter 11. Therapeutic Stretching With Elastic Resistance  
Chapter 12. Integrated Uses of Elastic Resistance

Part IV. Sport-Specific Applications  
Chapter 13. Sport-Specific Training for Football  
Chapter 14. Sport-Specific Training for Baseball  
Chapter 15. Sport-Specific Training for Tennis  
Chapter 16. Sport-Specific Training for Golf  
Chapter 17. Sport-Specific Training for Soccer  
Chapter 18. Sport-Specific Training for Swimming  
Chapter 19. Sport-Specific Training for Basketball  
Chapter 20. Sport-Specific Training for Hockey  
Chapter 21. Sport-Specific Training for Martial Arts  
Chapter 22. Sport-Specific Training for Skiing

Part V.

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The Scientific and Clinical Application of Elastic Resistance Heat, Bearings, and Lubrication:  
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