



## Mosby s Stretching Pocket Guide - Elsevier eBook on Vitalsource (Retail Access Card)

By Sandra K Anderson

Mosby, United States, 2013. Online resource. Book Condition: New. 222 x 152 mm. Language: English . Brand New Book. From basic static stretches to advanced techniques like the pin-and-stretch, Mosby s Stretching Pocket Guide defines and explains stretching and flexibility in a way that is both applicable to manual therapy professionals and easily understood by manual therapy students. Presented in an atlas format with over 200 illustrations, this convenient reference has Spotlight boxes with salient points, and general assessment and stretching guidelines available in a clear, easy to understand format that is immediately applicable to manual therapy practice. There is excellent practical advice about the dangers of over-zealous stretching and the clearest warnings about the harm can be done and how long it may take this harm to settle. I wonder if the day of the pocket guide is almost over, to be replaced by the mobile phone or tablet on which these various stretching illustrations can all be shown in colour (and maybe with movement). If there is not already an app for stretching, I guess there soon will be. Reviewed by: Andrew Watson, Nottingham Date: Aug 2014.

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