

Stability Sport And Performance Movement Practical Biomechanics And Systematic Training For Movement Efficacy And Injury Prevention

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In Stability, Sport, and Performance Movement, renowned physiotherapist and performance consultant Joanne Elphinston teaches that sporting technique is rooted in movement efficiency, stability, symmetry, and balance. These elements work together to ensure that physical restrictions and inefficient muscle recruitment patterns don't inhibit technical movement goals.

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Full of colour photographs and images to illustrate the techniques and theories involved, Stability, Sport, and Performance Movement introduces functional stability principles as they apply to sporting movement. It is an approach that has been used with international-level athletes in a wide array of disciplines. The techniques are applicable and relevant across all age groups and ability levels, from beginners through to veterans.

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