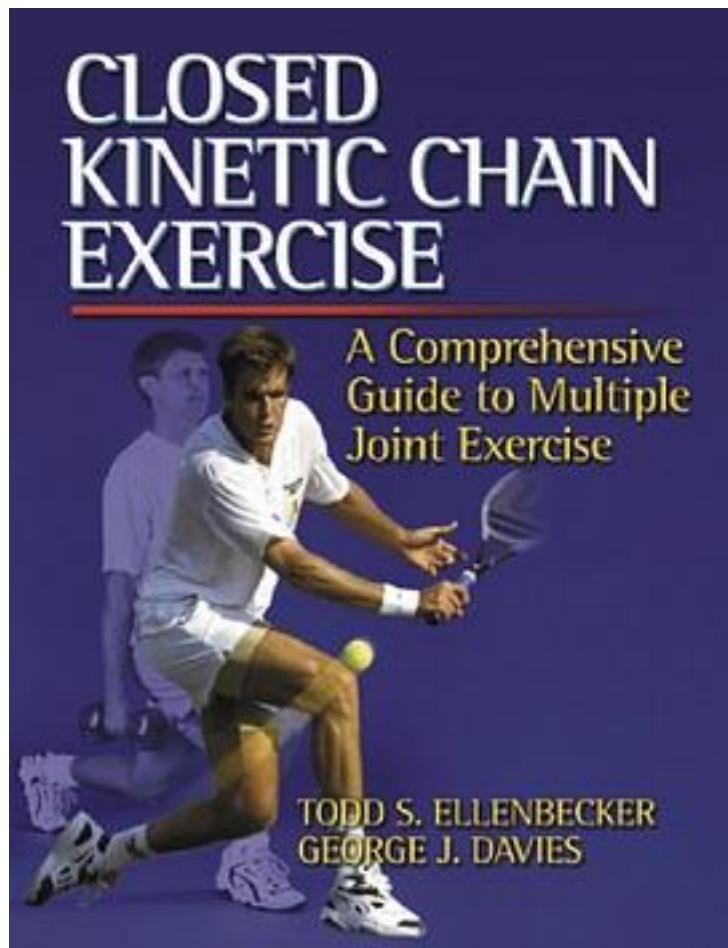


Closed Kinetic Chain Exercise



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A guide to closed kinetic chain exercise. It covers developments in research findings and provides practical tips for optimal application of the technique in settings with patients, athletes and others. Written by experts who use the technique daily, the work

interprets the research, clarifies the scientific principles underlying the technique and highlights important differences between open and closed kinetic chain exercise. The authors reinforce their points with examples from everyday life to make the information meaningful. In addition, 45 closed kinetic chain exercises effective in enhancing muscular strength, power, endurance and functional performance are incorporated into an individualized progressive training or rehabilitation programme. Understanding the difficulties in treating the elbow and shoulder, the authors pay special attention to the use and progression of closed kinetic chain exercise in these areas.

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