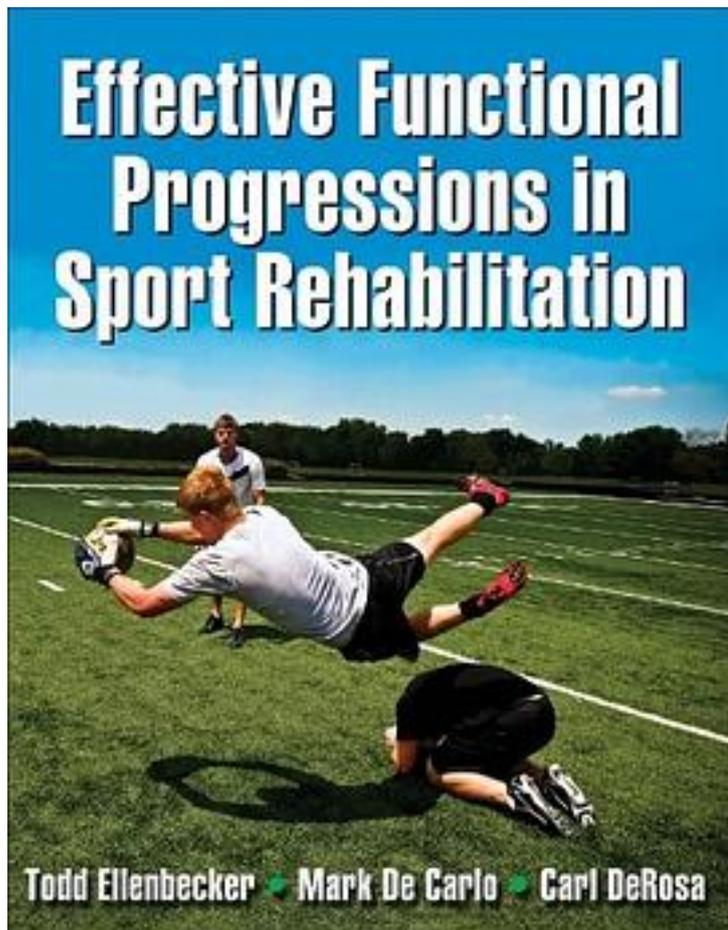


Effective Functional Progressions in Sport Rehabilitation



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This complete reference helps clinicians understand the important concepts of functional progressions and equips them to develop rehabilitation programmes

specific to the needs of their clients. The authors break down the text into three regional areas, upper extremities, lower extremities and trunk, before delving into the specific anatomical and biomechanical differences within each area. They also present the neuromuscular basis for the specific approaches to each region and provide exercises in functional progressions that simulate the activity the athlete needs to perform to be effective in his or her sport again. With its functional progressions for all areas of the body, sport-specific progressions, photos and art that clearly depict progressions and injured areas, and its adaptability to be customised by clinicians in designing their own programmes, this is the ideal tool for clinicians to use in returning athletes safely back to action.

作者介绍:

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