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Functional Training Handbook

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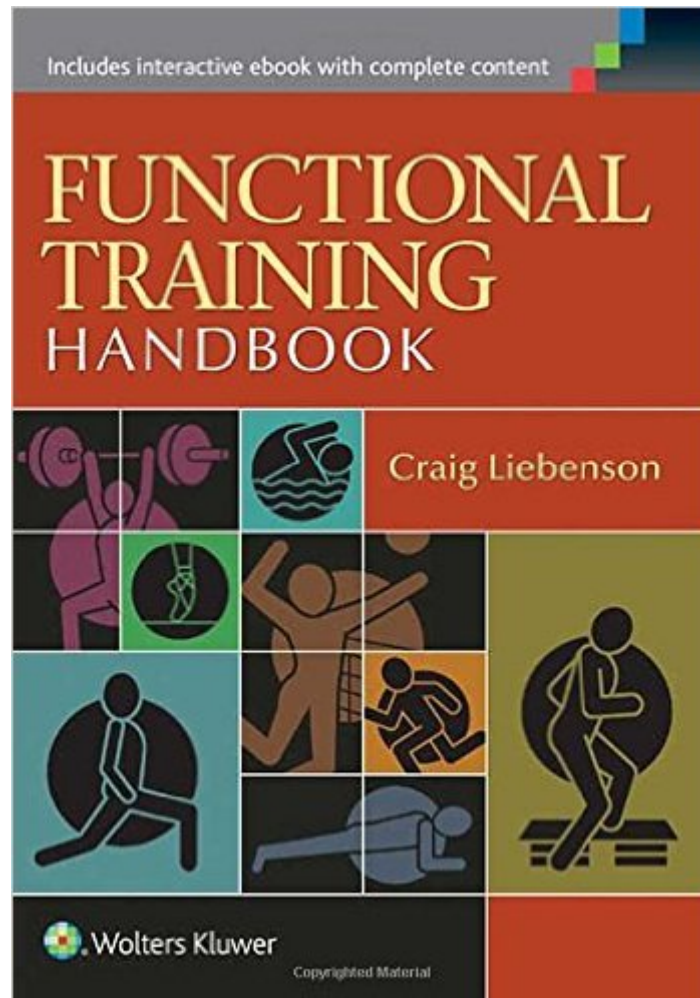
Synopsis

Reach a whole new level of physical training with Functional Training Handbook, whose big-picture approach to movement fosters lifelong health, mobility, and athletic development. This practical guide delivers clear, how-to- information, an array of sport-specific guidelines, and key principles that will keep your clients at peak performance.Join the revolution to improve sports performance, treat injury, and re-train patterns with this comprehensive guide to the body and its movement. Features:Sport specific chapters include Baseball, Basketball, Cycling, Dance, Football, Golf, Hockey, Mixed Martial Arts, Olympic Weight Lifting, Skiing, Soccer, Swimming, Surfing, and Tennis. Emphasis on functional exercise explores the physics of weight-bearing and balance to reduce repetitive motion injuriesGuides to injury prevention, safe workouts, re-injury avoidance, and practical strategies for active athletesNow with the print edition, enjoy the bundled interactive eBook edition, offering tablet, smartphone, or online access to:Complete content with enhanced navigationA powerful search that pulls results from content in the book, your notes, and even the webCross-linked pages, references, and more for easy navigationHighlighting tool for easier reference of key content throughout the textAbility to take and share notes with friends and colleaguesQuick reference tabbing to save your favorite content for future use

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Customer Reviews

The Functional Training Handbook is a long-awaited text from the chiropractic rehab pioneer, Dr. Craig Liebenson. Dr. Liebenson has done an excellent job in bringing together the scientific

research, clinical expertise, and practical experience of the world's experts in rehabilitation, exercise, and training. An all-star list of contributors includes Sue Falsone, Robert Lardner, Greg Rose, Todd Ellenbecker, Mark Kovacs, Stu Magill, Mike Reinold, and Tim Hewett.With roots in the Prague School, based on the work of Drs. Karel Lewit and Vladimir Janda, this handbook brings training and conditioning to a new level. Combining elements from prevention to rehab to performance, the Functional Training Handbook offers readers a foundation from a contemporary view of the way we approach functional movement.The foundation (Part 1) for the functional approach begins with an understanding of Developmental Kinesiology (Chapter 4), the process by which we learn to move, and the process by which we restore proper movement. Proper assessment of function and faulty movement patterns (Chapter 6) is well explained as the starting point for functional training. My favorite section of the handbook is Part 2 - Sport-specific training considerations. This section features exercise and training experts from 14 different sports, each providing specific exercises and a functional approach to strength and conditioning. Part 3 provides a great section on "off-season" considerations, a critical component that sometimes misses the attention it deserves.The Functional Training Handbook ends appropriately with the role of motor control and athletic development, bringing this book full-circle from our control of movement as babies to teaching athletes to move properly.

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