



Injury Prevention and Movement Control Core Concepts and Posture Volume 1

By Lincoln Blandford

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 62 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Are you tired of being out of action with a constant influx of injuries? Worse still, do you find that you are constantly getting a recurrence of an old injury just as you think you are fully fit? It's a problem that strikes many, from professional athletes to recreational exercisers. This first volume in the Injury Prevention and Movement Control series gives a fresh insight into the possible causes of such imbalances and the precision and focus required to achieve true movement control. Stressing the importance of appropriately aligning the mind (software) with the body (hardware), Lincoln Blandford and the Performance Matrix team highlight basic strategies to reduce the risk of injury and become more aware of the independent movements of the body. All exercisers will find important topics to consider from this scientifically supported, practical and easily accessible guide, leading to reductions in injury and greater movement control. This item ships from La Vergne, TN. Paperback.



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