



The Scientific and Clinical Application of Elastic Resistance

Phillip Page, Todd Ellenbecker

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Gain a solid base in the science behind elastic resistance exercise and learn the latest clinical applications for rehabilitation and fitness. *The Scientific and Clinical Application of Elastic Resistance* is the most comprehensive guide to elastic resistance exercise.

With this expansive reference, students and clinicians will learn how to deliver the most effective clinical and home exercise programs for patients and clients as well as tailor individual programs to improve physical conditioning and sport-specific abilities.

The book's 430 photographs show how to perform a variety of exercises using elastic resistance bands and tubing.

The companion CD-ROM (which can be purchased separately from the link below when it is available) contains all the exercises in the book, making it one of the most complete collections of elastic resistance exercises available. The CD-ROM is set up in the PhysioTools platform and allows users to order, edit, and download exercise programs, as well as

- sort exercises by body part, sport/activity, or special population for quick reference;

- develop protocols of elastic resistance exercises; and

- provide clean-printed handouts with instructions for patients. *The Scientific and Clinical Application of Elastic Resistance* presents a broad range of easy-to-access information organized into five parts: scientific applications, exercise applications for different areas of the body, training applications, sport-specific applications for 10 different sports, and special populations.

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