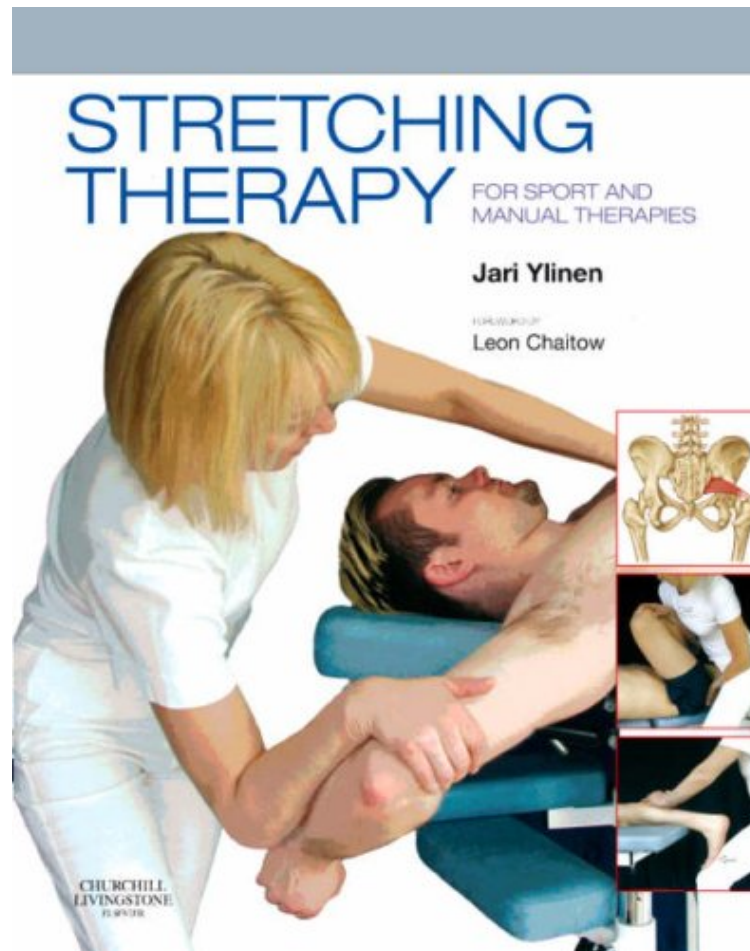


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Complete atlas of manual stretching techniques and studies about stretching in sports and therapy. Covers research, theory and practice. Special attention has been paid to make it easy for the reader to learn which muscle is treated (anatomical drawing with description) followed by the treatment technique (a photograph showing positions of the patient and the therapist with description) on the same page or double page. Comprehensive information on stretching provides essential knowledge for sports therapy or other manual therapy practice. Easy-to-access format presents each topic on a single page or page spread. Full-color photographs illustrate the correct position of the patient. Two-color anatomical illustrations show the position of the muscle involved in each technique.

About the Author MD, PhD, MLCOM (Membre du Collège Londonien de Médecine Ostéopathique), est spécialiste en médecine physique et de réadaptation et diplômé en massage thérapeutique. Il est chef du Département MPR de l'Hôpital Central de Jyväskylä, Finlande, praticien privé et enseignant des techniques de mobilisation et de manipulation.