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CORRECTIVE EXERCISE

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Kesh Patel : Corrective Exercise: A Practical Approach before purchasing it in order to gauge whether or not it would be worth my time, and all praised Corrective Exercise: A Practical Approach:

1 of 2 people found the following review helpful. Well written and great resource for anyone interested in this field of study! By Maria.K This is a very impressive book on performing corrective exercises. He gets into anatomy, structure, function, muscles and then corrective exercises. You will learn tons from this book.

Corrective and functional exercise is a rapidly advancing field. Exercise is an essential factor in all injury recovery, conditioning and performance, and if used correctly can play a preventative role in injury management. In the injured athlete, gym user or armchair athlete, corrective exercise can help to restore range of motion, re-build strength, endurance and power, re-establish neuromuscular control and balance, and provide positive progress for a specific sport or a healthier lifestyle. Written by an experienced specialist in the field of rehabilitative and performance

exercise, this book provides an essential practical guide to corrective and functional exercise for every sports therapist and fitness trainer, particularly those taking diplomas or NVQs at level 3. Packed with photos and illustrations, and full of accessible step-by-step explanations of the latest rehabilitative methods, every corrective and functional technique is covered in detail, from initial consultation to whole body exercises.

About the Author Kesh Patel is an exercise and movement specialist, a registered nutritionist and lecturer in clinical sports therapy. He is also the founder of the wellness clinic Origin: Health, which specialises in innovative functional and corrective exercise solutions for rehabilitation and performance.