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STABILITY, SPORT AND PERFORMANCE MOVEMENT INTRODUCTION Acknowledgments

Although I had intended to write this book at some stage, it may not have come about when it did had it not originally been commissioned by SISU Idrottsböcker of Stockholm, and guided into life by Catarina Arfwidsson for the Swedish sports community.

Stability Sport And Performance Movement

In Stability, Sport, and Performance Movement, renowned physiotherapist and performance consultant Joanne Elphinston teaches that sporting technique is rooted in movement efficiency, stability, symmetry, and balance. These elements work together to ensure that physical restrictions and inefficient muscle recruitment patterns don't inhibit technical movement goals.

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Stability, Sport, and Performance Movement: Great ...

Stability, Sport and Performance Movement In this new edition, Joanne Elphinston introduces functional force management (FFM) as a concept for understanding the different control strategies needed between sports, how it influences training choice, and its relationship to injury prevention as well as performance.

Stability, Sport and Performance Movement: Practical ...

Book Overview Full of colour photographs and images to illustrate the techniques and theories involved, Stability, Sport, and Performance Movement introduces functional stability principles as they apply to sporting movement. It is an approach that has been used with international-level athletes in a wide array of disciplines. The techniques are applicable and relevant across all [...]

Stability, sport, and performance movement : great ...

The right muscles firing at the right time and in the right sequence can enable athletes to achieve their full physical potential. Full of colour photographs and images to illustrate the techniques and theories involved, Stability, Sport, and Performance Movement introduces functional stability principles as they apply to sporting movement.

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Stability, Sport and Performance Movement

In every sport, there are athletes who represent true technical excellence. Their movement seems effortless and efficient: they create and control forces in the most effective way. Functional force management, the foundation for effective sporting movement and injury resistance, results from the integration of stability, mobility, coordination and balance. These elements combine to prevent the ...

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