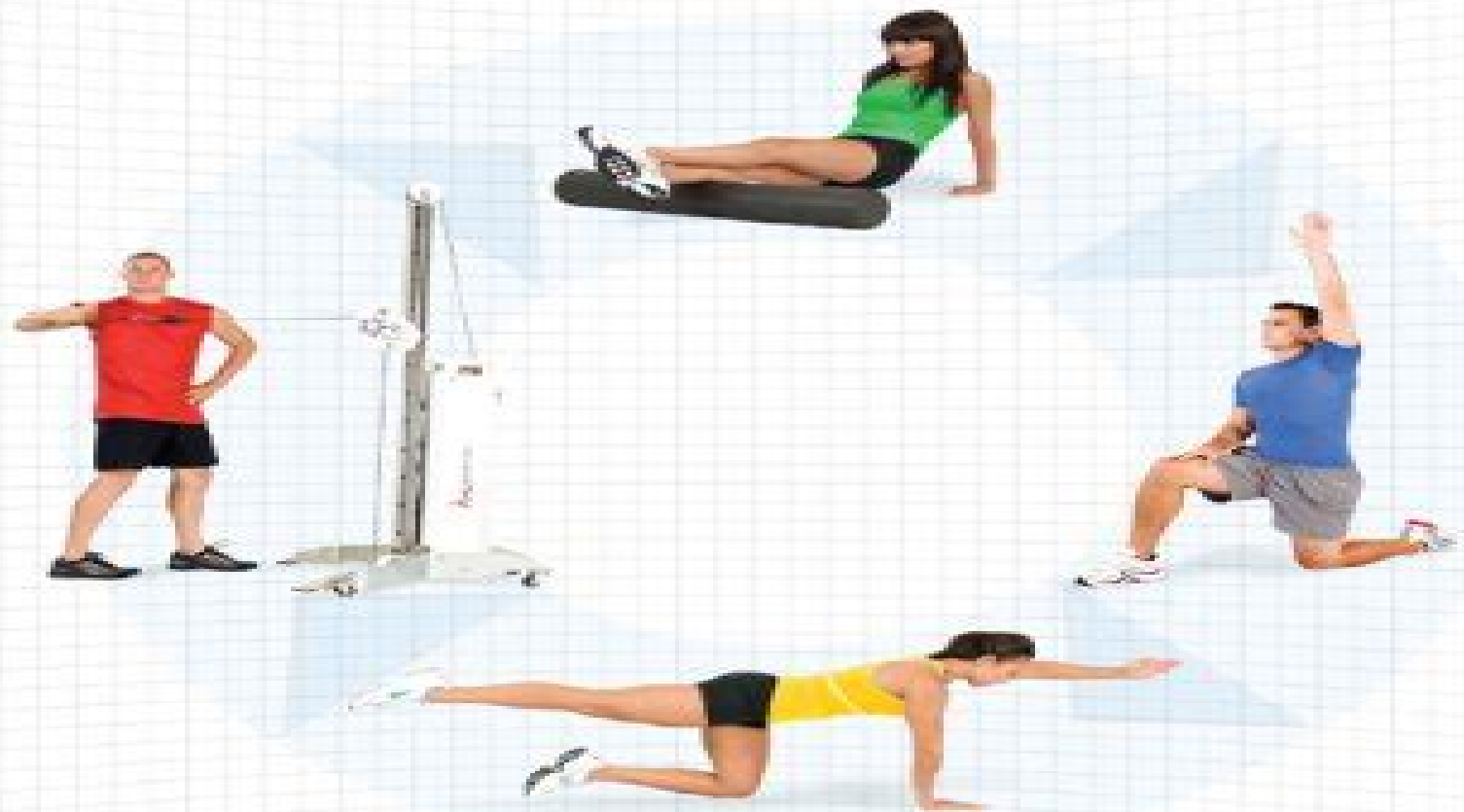


NASM Essentials of Corrective Exercise Training

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Nasm Corrective Exercise Study Guide

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impairments affect different structures of the body Apply various types of corrective exercises Implement the appropriate exercise strategies for a client's circumstances Design a corrective exercise program that addresses the underlying cause or causes of musculoskeletal and movement issues Readers will also have the opportunity to observe the application of many assessment and exercise techniques via 36 online videos The included corrective exercise library contains more than 65 self-myofascial release stretching and strengthening exercises along with suggestions for exercise progressions and regressions Each technique is supplemented with full color photos and additional illustrations and tables aid with proper execution Practical advice and useful tools that further enhance professional competency include strategies and examples for communicating with clients to facilitate effective consultations and proper cuing for both the assessments and exercises Skill acquisition activities and self checks in every chapter allow readers to practice the real life application of their techniques Case studies demonstrate how the entire process can be implemented from assessment to program design To help you capitalize on the specialized skills outlined in this text the final section of the book explains how to create and manage a corrective exercise business It covers information on networking and referral systems tips for staying within scope of practice and marketing and promotion methods for attracting and retaining clients The strategies and techniques in this book proven successful by thousands of The BioMechanics Method corrective exercise specialists will enable you to develop distinctive musculoskeletal assessments and corrective exercise skills that can swiftly eliminate pain and improve physical function for your clients Note A code for accessing online videos is included with this ebook

[NASM Essentials of Corrective Exercise Training](#) Nasm National Academy of Sports Medicine, 2021-01-13 This text is a recommended resource for the NASM Corrective Exercise Specialist CES course NASM Essentials of Corrective Exercise Training introduces the health and fitness professional to NASM's proprietary Corrective Exercise Continuum a system of training that uses corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury There are more than 100 corrective exercise techniques in the categories of assessment self-myofascial techniques static stretching neuromuscular stretching dynamic stretching isolated strength training and integrated dynamic movements included in the text

The BioMechanics Method for Corrective Exercise Price, Justin, 2019 The BioMechanics Method for Corrective Exercise enables health and fitness professionals to identify common musculoskeletal imbalances in their clients and apply appropriate corrective exercises to swiftly eliminate muscle and joint pain and improve physical function

A Practical Guide to the Self-Management of Musculoskeletal Pain in Dental Professionals James

Tang, 2018-09-30 Dental professionals spend their working lives in stressful environments and in awkward postures with resultant musculoskeletal problems While there are numerous books on musculoskeletal pain there is nothing specific for dental professionals on the holistic approach to the self management of musculoskeletal conditions This book is a practical guide it combines all the different modalities in a logical and systematic programme firstly by recognising the possible causes

of your predicament and secondly by effectively managing it to prevent recurrence

The Complete Guide to

Bodyweight Training Kesh Patel, 2014-09-25 A comprehensive practical compendium of bodyweight exercises and the theory behind them Bodyweight training is one of the growing global trends in fitness It's simple enough to explain using your own body weight to improve your fitness and strength and yoga and gymnastic practitioners have been doing this for years But the theory behind it isn't often understood Kesh Patel contextualises bodyweight training where did it come from What is Evolutionary Fitness and looks at the theory behind it Understand the basics of biomechanics and you can adapt and improve your bodyweight training programmes and improve your results So find out about working with gravity how skills acquisition works how to develop posture and balance all based on biomechanical principles This book is packed with practical clear and accessible exercise ideas progressing from fundamental movement patterns to more advanced exercises along with details of exercise programming including adaptations for different skill levels working with groups and ideas to integrate bodyweight exercises into traditional weight training circuit and bootcamp classes to name but a few

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