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Facilitated Stretching Mcatee Robert Charland

"Facilitated Stretching serves the elite athlete and the weekend warrior well. Bob McAtee has worked on my aches and pains a dozen or so times over the years. He's one of the finest!" Harvey S. Newton, CSCS

Facilitated Stretching - 3rd Edition: Robert McAtee, Jeff ...

Robert McAtee, BA, LMT, CSCS, C-PT, has been a sport massage therapist since 1981, specializing in sport and orthopedic massage therapy. Since 1988 he has maintained an active international sport massage practice in Colorado Springs, Colorado. McAtee has been using facilitated stretching techniques with clients and athletes since 1986.

Facilitated Stretching: 9781450434317: Medicine & Health ...

Facilitated Stretching, Third Edition, provides a useful overview of PNF stretching--a safe and easy-to-use method that involves stretching the muscle, contracting it isometrically against resistance, then stretching it again to a new range of motion. These steps apply whether you are isolating one muscle at a time or using the spiral-diagonal patterns of PNF to stretch groups of muscles simultaneously.

Facilitated Stretching - Robert E. McAtee, Jeff Charland ...

Robert E. McAtee, Jeff Charland Facilitated Stretching, Fourth Edition With Online Video, remains the most trusted resource for proprioceptive neuromuscular facilitation PNF stretching, an effective and easy to use method that involves stretching the muscle, contracting it isometrically against resistance, and then stretching it again to increase range of motion.

Facilitated Stretching | Robert E. McAtee, Jeff Charland ...

When >Facilitated Stretching> was published in 1993, it was the first book to translate the complexities of PNF (proprioceptive neuromuscular facilitation) stretching into an easy, step-by-step method. Now fully updated and expanded, >Facilitated Stretching, Second Edition> is an even better resource that makes PNF stretching accessible to everyone.PNF stretching consists of three simple steps ...

Facilitated Stretching - Robert E. McAtee, Jeff Charland ...

Robert E. McAtee has been a sport massage therapist since 1981, specialising in sport and orthopedic massage therapy. McAtee has been using facilitated stretching techniques with clients and athletes since 1986. He teaches facilitated stretching and sport massage seminars throughout the United States.

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Facilitated Stretching by Robert E. McAtee and Jeff ...

Great book on the topic of proprioceptive neuromuscular facilitated (PNF) stretching. The general concept is covered then applied in the various stretches, both with a partner and self-stretches. The stretch descriptions are well written and supported by information around the relevant muscle groups and functional assessment of them.

Facilitated Stretching by Robert E. McAtee

Robert McAtee, BA, LMT, CSCS, C-PT, has been a sport massage therapist since 1981, specializing in sport and orthopedic massage therapy. Since 1988 he has maintained an active international sport massage practice in Colorado Springs, Colorado. McAtee has been using facilitated stretching techniques with clients and athletes since 1986.

Book: Facilitated Stretching - Stretchman.com

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