



Prescriptive Stretching

Kristian Berg

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Elite athletes have long relied on personalized stretching programs to improve flexibility and prevent injury. What you might not know is that many of those targeted stretches have a much broader application, one that you can easily incorporate into your daily routine: pain relief.

Prescriptive Stretching features full-color anatomical illustrations and step-by-step instructions for 40 of the most effective stretches to eliminate pain, alleviate muscle soreness, improve balance and flexibility, and prevent common injuries. In addition, you'll find sample stretching programs that you can follow as is or personalize to meet your body's needs.

Best of all, Prescriptive Stretching shows you how to quickly assess your pain and identify the stretches to reduce discomfort. Specifically, you'll find recommendations for these common ailments:

- Headache
- Back pain
- Neck stiffness
- Shoulder soreness
- Golfer's elbow
- Tennis elbow
- Runner's knee

Whether you're looking to increase range of motion or simply eliminate muscle pain and discomfort, Prescriptive Stretching has you covered. Comprehensive yet easy to use, it's the guide you'll turn to again and again.

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Paul Leavens:

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