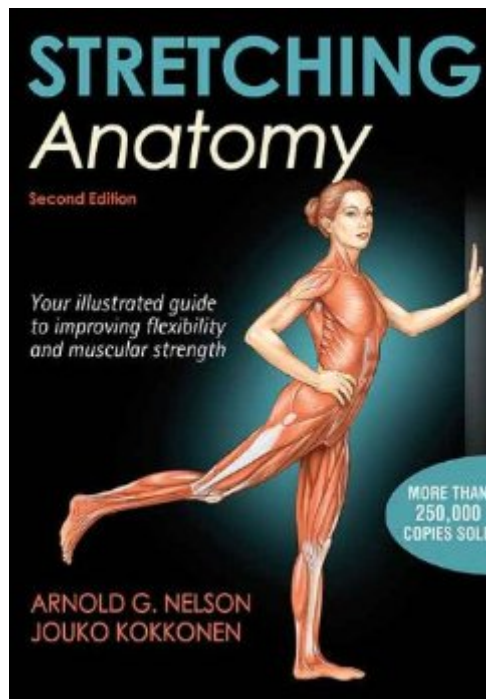


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# Stretching Anatomy-2nd Edition



## Synopsis

Stretching Anatomy, Second Edition, is a visual guide to 86 stretches for increasing range of motion, muscular strength, stamina, posture, and flexibility. Step-by-step instructions describe how to perform each stretch, while 110 full-color anatomical illustrations highlight the primary muscles and surrounding structures engaged.

## Book Information

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## Customer Reviews

This is a very good stretching book; it has lots of good stretches, logically arranged by body part and increasing degree of difficulty, also by sport; a lot of good basic information about stretching and anatomy; and the pictures are to die for. The pictures also show the primary and secondary muscles stretched, in two different colors, for each stretch. All the glowing reviews are well deserved. I'm glad to have it. I have a few quibbles, though. On p. 108 there's an "advanced hip adductor stretch"; I don't recall what it's called in Sanskrit, but it's sometimes called the "butterfly". You sit with the soles of your feet together and press the knees down to the side. Well, they refer to this position as "lotus position". Huh? As I said, I don't recall the name of the asana, but lotus it ain't. In lotus, each foot rests on the opposite thigh. One trivial mistake, OK, but c'mon; the lotus is the most famous yoga

position there is; how can you misidentify it? The treatment of the hip flexors (mainly the iliopsoas) leaves a little to be desired. There are some effective hip flexor stretches on pp 126-32, and they show the psoas major, and the rectus femoris (the other hip flexor), along with anterior thigh muscles, as primary stretched muscles. They're not described as hip flexor stretches, though, but as "knee extensor stretches"; if you look in the "stretch finder" at the end, you can't find either "hip flexors" or "psoas" or "iliopsoas". Also, psoas minor and iliacus are never mentioned. I guess they do the same thing as psoas major, and there's probably no way to stretch one member of the iliopsoas group and not the others, but why not mention and show all of them?

Piri-what? Piriformis. I was told my sciatica was a result of needing to stretch my Piriformis. Sure enough when I gently perform the required stretch the annoying radiating pain subsided. Before the piriformis flare-up I knew it was time I learned how to stretch in response to muscle tightness and joint stiffness from work done in and outside the gym. I also wanted to remain flexible, gain even more flexibility, and more importantly avoid injury. So, I went shopping for a book. I purchased a book, Prescriptive Stretching by Kristian Berg. Shortly thereafter I saw this book, Stretching Anatomy 2nd Edition, come up on Vine. I asked for the book thinking how could I have too much information and that it would be interesting to see the differences between the two books. I'm actually glad I accepted the book on Vine as there is a part of it that the other book doesn't have that I find very helpful. Hereafter I'll refer to Stretching Anatomy as "SA" and Prescriptive Stretching as "PS". Both books appear written for a lay person rather than a tool for pros or educational use. Both had instructions that were easy to understand and perform and showed good pictures of underlying muscles, bone, tendon that are affected by each described stretch. The PS book had a bit better pictures and illustrations. The entire SA book has long wordy paragraphs with very little to no paragraph headings. This type of formatting is a drugery for me to read reminding me of school when reading a poorly formatted textbook that threatened to put me to sleep. Whereas the PS book had a more modern formatting feel to it with nice headings throughout to keep the reader engaged and understanding what is being explained.

Stretching Anatomy-2nd Edition is on among the Anatomy Series published by Human Kinetic, a publisher from Champaign, IL (USA). The most popular volumes of this series are, with no doubt, those written by Frédéric Delavier (more than 2 million copies sold). I have read Strength Training Anatomy, 3rd Edition, Delavier's Core Training Anatomy, Delavier's Mixed Martial Arts Anatomy, and Strength Training Anatomy Workout, The, which I heavily use on a daily basis for my

strength training. All these books in this series provide detailed, full-color anatomical illustrations of the muscles in action and step-by-step instructions that detail perfect technique and form for each pose, exercise, movement, stretch, and stroke. (On a side note to the publisher, all books are 7.8 x 10, but this one is 10 x 7 inches). With more than 250,000 copies sold,

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