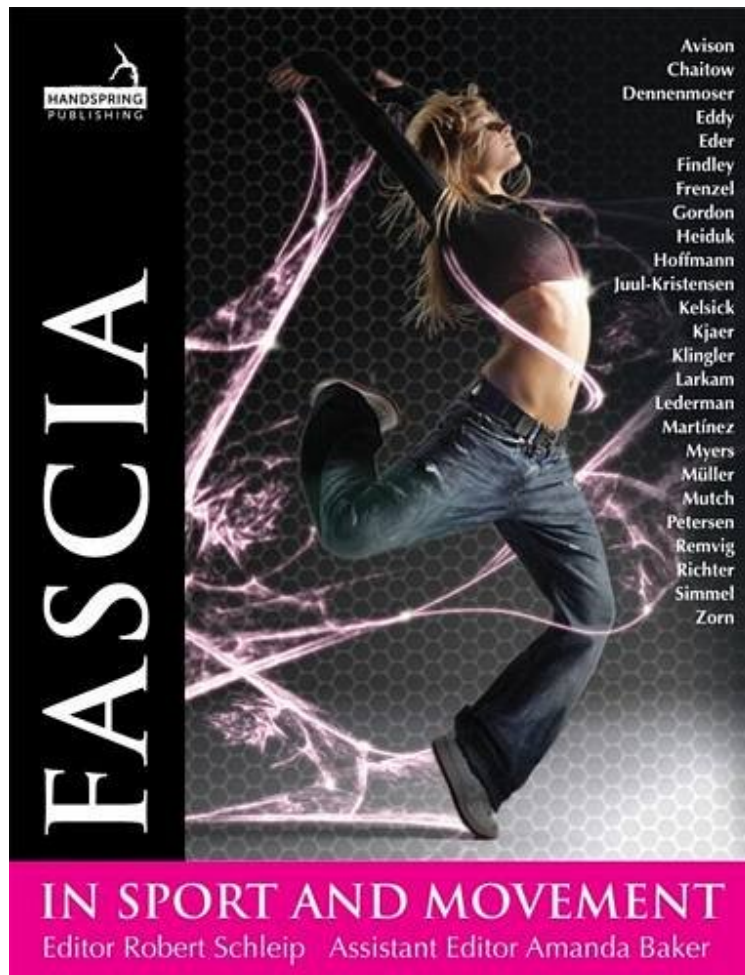


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## Fascia in Sport and Movement

*Robert Schleip*

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**Robert Schleip : Fascia in Sport and Movement** before purchasing it in order to gage whether or not it would be worth my time, and all praised Fascia in Sport and Movement:

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fantastic book and worth the extra time and effort to get a copy. This is a great manual on the fascial system and how to specifically train the fascia in many different sport and performance approaches. It contains the latest science in the growing area of fascial research, but the majority of the book is the clinical application. The book is written by multiple authors, each writing in their "specialty" of fascial training, so there's loads of perspective and unique approaches here. Fascia in Sport and Movement is a book I was really excited about and it totally delivered with in-depth knowledge of "fascial fitness" and how to train the fascial system. It's definitely more a textbook, than anything else and I can see this being a continued valuable resource for understanding the science and applying the methods and techniques. Excellent resource for anyone who is seeking to improve human movement and performance, as well as better understand the science of fascia. Areas of clinical application include: Yoga Pilates Dance Martial Arts Walking Functional Training Methods Sports Medicine Football (Soccer) Plyometric Training Kettlebells. These are areas (specific chapters) that are addressed in the 2nd half of the book with very specific techniques for training the fascia. I'd highly recommend this unique book to learn the latest in fascial science and learn how to apply different techniques. If you're a coach or practitioner, this is a book you'll use and refer back to you. Very in-depth and interesting read.

The book covers most current research and theory to underpin practice. It provides relevant clinical applications for sport and movement, and gives the manual therapist information on how different activities influence the body and the kind of injuries that might occur. The book upgrades the knowledge of the sport professional, yoga teacher and Pilates trainer with the necessary background to understand the injuries that might present and how to assess and refer.

About the Author Robert Schleip MA PhD directs the Fascia Research Project at Ulm University, Germany and is Research Director of the European Rolfing Association. He is a certified Rolfing Instructor and Feldenkrais teacher. He is author and co-editor of several books and has written numerous research articles. For his discovery of active contractile properties in fascial tissues he was awarded the prestigious Vladimir Janda Award for Musculoskeletal Medicine. He was co-initiator and organiser of the first Fascia Research Congress held in Boston, USA in 2007.