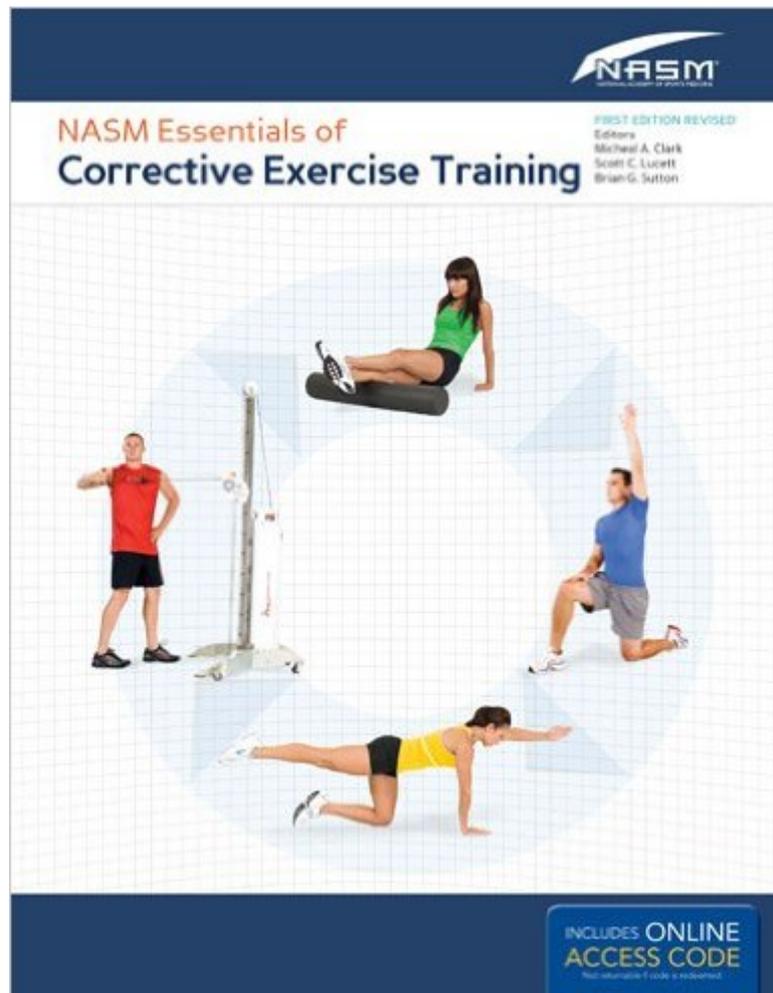


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NASM Essentials Of Corrective Exercise Training: First Edition Revised



Synopsis

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. This textbook includes several new chapters that were not included in NASM's previous corrective exercise materials, including the rationale for corrective exercise training, assessments of health risk, static postural assessments, range of motion assessments, and strength assessments (manual muscle testing) as well as corrective exercise strategies for the cervical spine, elbow, and wrist. There are more than 100 corrective exercise techniques in the categories of self-myofascial release, static stretching, neuromuscular stretching, isolated strength training, positional isometrics, and integrated dynamic movements included in the text. These, along with corrective exercise strategies for common movement impairments seen in each segment of the body, make this text the premier resource for learning and applying NASM's systematic approach to corrective exercise training.

Book Information

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Customer Reviews

This is a great book. I love the kinesiology in it. It was a good review from my original kinesiology books from class. It helps that there are exercises and progressions in the book as well. The other thing I like are the descriptions of how to perform the various physical assessments in the book, especially the squat assessment. They are extremely useful.

Great book and great program. Pros: It helped me train a lot of diverse populations and even change their lives for the better. I had one client who had undergone 28 back surgeries and who was in constant pain. No matter what side she slept on she was in pain. I finally helped her get to the point to where she could at least sleep on her side without any pain. That is huge! Not being able to sleep for years because of pain, and now she can finally get some rest. She also improved in her mood and was much more mobile. Cons: The only thing I wish this book had was more detailed video explanations with permanent access. I took the CES course online through NASM, and it gave a lot of great videos. But after practicing it for a while you forget some of the little details that the videos go over. Not having permanent access to those videos was frustrating. Overall, this was a great book and an amazing program. I highly recommend it. Every personal trainer and athletic professional (or even PTs or OTs) should get this book and get this cert. Matt Camphuis NASM CPT, CES, PES, FNS

NASM is the leader in the fitness certification industry and their corrective exercise book is no different. I purchased it due to needing it for the classes and I will continue to reference it throughout my career! Edit: 7-19-17 going on two years and I still reference this more than any other book on my shelf.

This text introduces a paradigm, which select therapists and trainers use, but that has not been cohesively described. The book's scope is necessarily limited by the certification parameters, but this is an essential text for anyone wanting to understand aberrations in neuro-musculo-skeletal system, doctors, therapists, trainers, or coaches.

This is awesome. I am now able to read through the book to study for CES. I already purchased the study guide!

Love the scientific references. Ideal for personal trainers who want to advance their knowledge and career.

excellent !

This book was exactly the addition to my library I needed.

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