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The Stark Reality of Stretching: An Informed Approach for All Activities and Every Sport

Dr. Steven D. Stark

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Improper muscle preparation prior to exercise is the most common cause of acute pain, strain, and permanent damage. Many of these injuries are preventable with proper lower extremity stretching. This book addresses the need for warm-up exercises, analyzes the stretching process, and illustrates anatomy and basic biomechanics. Myths associated with stretching are dispelled. For example, many people believe that stretches and warm-up exercises are the same, when in fact, warm-up exercises should be a preparation for stretches. Applying the strategies outlined in this book will help keep an athlete healthy, build strength and power, and, most important prevent injury.

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