

Stability Sport And Performance Movement Practical Biomechanics And Systematic Training For Movement Efficacy And Injury Prevention

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STABILITY, SPORT AND PERFORMANCE MOVEMENT INTRODUCTION Acknowledgments Although I had intended to write this book at some stage, it may not have come about when it did had it not originally been commissioned by SISU Idrottsböcker of Stockholm, and guided into life by Catarina Arfwidsson for the Swedish sports community.

Stability, Sport and Performance Movement
In every sport, there are athletes who represent true technical excellence. Their movement seems effortless and efficient: they create and control forces in the most effective way. Functional force management, the foundation for effective sporting movement and injury resistance, results from the integration of stability, mobility, coordination and balance. These elements combine to prevent the ...

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