



# Stability, Sport, and Performance Movement: Great Technique Without Injury

By Joanne Elphinston

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In *Stability, Sport, and Performance Movement*, renowned physiotherapist and performance consultant Joanne Elphinston teaches that sporting technique is rooted in movement efficiency, stability, symmetry, and balance. These elements work together to ensure that physical restrictions and inefficient muscle recruitment patterns don't inhibit technical movement goals. The right muscles firing at the right time, and in the right sequence, can help athletes achieve their full physical potential.

Elphinston provides clear explanations using applied sports examples, shows how to evaluate movement accurately, and provides a detailed method for improving performance. Filled with *Performance Movement* guides readers through an approach that has been used with international-level athletes in every sport.

A major focus is on injury prevention. Athletes sustain injuries and want to know why they have them and how to prevent them. Sports medicine professionals need to know how to relate their rehabilitation back to sports-specific movement, and coaches need to understand the relationship between injury prevention and performance. This practical guide presents new ways to understand stability as it pertains to injury prevention in sport, bridging the gap between sports science and sports medicine.

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### **Editorial Review**

#### Review

"[A]n indispensable resource for the pursuit of optimal athletic performance and the promotion of effective movement and efficiency whatever the level of activity and sport concerned."

—Stephen Mutch, Scotland Rugby Team Physiotherapist; Vice Chair, Association of Chartered Physiotherapists in Sports Medicine; Scottish Commonwealth Games Team Physiotherapist; Clinical Director of SPACE Clinics

"Absolutely brilliant. I have read so many books and papers over the years and not yet come across a book that links the missing pieces of structural dysfunction and exercise. It puts the practical experience and scientific theories into a simplified textbook that really does explain the how's, when's and why's to poor body alignments/movements...."

"Spotting movement dysfunction and correcting it has always been difficult. I have worked as a personal trainer for 10 years and a physiotherapist for 4 of them, and I found this book a brilliant read. I wish I had this book years ago; it would have saved me a lot of time and money."

—*Federation of Holistic Therapists Magazine*

#### About the Author

Physiotherapist Joanne Elphinston works with performing artists and elite athletes, including Olympic medalists. An international lecturer on the subject of stability development and Swiss ball exercise, she lives in Vale of Glamorgan, UK.

### **Users Review**

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##### **Joni Griffith:**

As people who live in the modest era should be up-date about what going on or facts even knowledge to make these individuals keep up with the era and that is always change and make progress. Some of you maybe will update themselves by reading through books. It is a good choice for you personally but the problems coming to you actually is you don't know which one you should start with. This Stability, Sport, and Performance Movement: Great Technique Without Injury is our recommendation to cause you to keep up with the world. Why, because this book serves what you want and want in this era.

##### **Mamie Wilson:**

Information is provisions for those to get better life, information today can get by anyone at everywhere. The information can be a knowledge or any news even an issue. What people must be consider while those information which is within the former life are difficult to be find than now could be taking seriously which one is suitable to believe or which one typically the resource are convinced. If you obtain the unstable resource then you buy it as your main information we will see huge disadvantage for you. All those possibilities will not happen in you if you take Stability, Sport, and Performance Movement: Great

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