

Guía ilustrada de los **ESTIRAMIENTOS TERAPÉUTICOS**

Eliminar el dolor y
prevenir lesiones



KRISTIAN BERG



Guia Ilustrada De Los Estiramientos Terapeuticos Eliminar El Dolor Y Prevenir Lesiones

Kristian Berg

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular shape with a white center, partially overlapping the bar.

Guía Ilustrada De Los Estiramientos Terapéuticos Eliminar El Dolor Y Prevenir Lesiones:

Guía ilustrada de los estiramientos terapéuticos Kristian Berg, 2011-11-01 Hace mucho que los deportistas de lite confían en programas de estiramientos personalizados para mejorar la flexibilidad y prevenir lesiones Pero es menos conocido que muchos de esos estiramientos específicos tienen una aplicación mucho más amplia que puede incorporarse fácilmente en la rutina diaria de cualquier persona practique o no ejercicio regularmente Guía ilustrada de los estiramientos terapéuticos incluye ilustraciones anatómicas en color y una explicación pormenorizada de 40 de los estiramientos más efectivos para eliminar el dolor aliviar las agujetas mejorar el equilibrio y la flexibilidad y prevenir lesiones comunes Además incluye ejemplos de programas de estiramientos que pueden seguirse literalmente o personalizarse adaptándolos a las necesidades de cada cuerpo Y lo mejor de todo Guía ilustrada de los estiramientos terapéuticos muestra cómo evaluar el dolor e identificar los estiramientos necesarios para reducir las molestias Específicamente se encuentran recomendaciones para estas afecciones habituales Guía ilustrada de los estiramientos terapéuticos enseña las técnicas correctas para lograr el equilibrio muscular JAN GIAEVER Doctor especialista en medicina deportiva Cefaleas Dolores de espalda Tortícolis Omalgia o periartritis del hombro Epitrocleitis codo de golfista Epicondilitis codo de tenista Condropatía rotuliana o síndrome de estrés rotulio femoral rodilla de corredor Tanto si usted precisa aumentar el rango de movimiento como simplemente eliminar dolores y molestias musculares Guía ilustrada de los estiramientos terapéuticos cubre todas esas necesidades Exhaustivo pero fácil de usar es una guía que consultar una y otra vez Anatomía & Estiramientos Brad Walker, 2013-05-01 La anatomía de los estiramientos ofrece un enfoque diferente y conduce al lector al interior del cuerpo para mostrarle exactamente lo que está pasando durante un estiramiento El libro muestra 200 ilustraciones a todo color en las que aparecen los músculos principales y secundarios que se trabajan en 114 estiramientos clave Se observan los estiramientos desde todos los ángulos incluidas la fisiología y la flexibilidad los beneficios de los estiramientos los diferentes tipos de estiramientos las reglas para que los estiramientos sean seguros y cómo estirar de forma adecuada Dirigido a los amantes del fitness de todos los niveles este libro se centra en los ejercicios útiles para el alivio y la rehabilitación de lesiones deportivas específicas Además de un dibujo anatómico muy detallado cada sección de estiramientos aporta una descripción de cómo se realiza el estiramiento una lista de los deportes y las lesiones deportivas para los que este estiramiento es más útil e información adicional sobre los problemas comunes asociados a dicho estiramiento 101 estiramientos para evitar lesiones Esthéř Cárdenas Arias, 2015-10-25 Obra enfocada a prevenir lesiones en la práctica de nuestro deporte favorito Es recomendable estirar nuestros músculos siempre que terminemos nuestro entrenamiento Los estiramientos debemos realizarlos con suavidad y sobre todo evitando rebotes Los estiramientos nos ayudan a mejorar nuestro rendimiento deportivo nos alivian los dolores producidos muchas veces por malas posiciones durante nuestro horario laboral reducir nuestras contracturas mejorar nuestra movilidad articular y son un excelente aliado para luchar contra el envejecimiento *Guía rápida para aliviar el*

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