



PreHab Exercise Book for Soft Tissue Therapy: Exercises to Improve Flexibility, Range of Motion and overall Mobility.

Michael Rosengart

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PreHab Exercise Book for Soft Tissue Therapy is an illustrated guide to foam rolling and other soft tissue therapy techniques that are designed to improve joint Range of Motion, tissue length and responsiveness as well as overall Mobility. PreHab Exercise Book for Soft Tissue Therapy is written and illustrated by Michael Rosengart, who is a Corrective Exercise Specialist with the National Academy for Sports Medicine as well as a Certified Personal Trainer with the National Council on Strength and Fitness and a Certified Strength and Conditioning Specialist with the National Strength and Condition Association. Michael has been training athletes and clients since 2000 and is also the author and illustrator of the PreHab Exercise Book for Runners, a comprehensive training guide that incorporates hundreds of Mobility and Corrective Exercises to help runners prevent injuries and prepare to perform optimally on their runs. The PreHab Exercise Book for Soft Tissue Therapy has over a hundred different exercise illustrations with detailed instructions for individuals to use as part of their training program to improve overall Mobility. Simply start at the beginning of the book to develop an understanding of why Mobility Exercises are an important part of a training program and then proceed to learn how to apply several different types of Soft Tissue Therapy techniques in order to prevent a host of Movement Dysfunctions and Compensations Patterns. PreHab Exercise Book for Soft Tissue Therapy also includes a descriptive list of Compensations Patterns and Movement Dysfunctions that can impede an individual's performance and eventually lead to injury. To learn more about Michael Rosengart, CPT, CES, CSCS and his other publications, visit the PreHab Exercise website at www.prehabexercises.com. PreHab. Prepare to perform.

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