



# **Flexibility: A Concise Guide: To Conditioning, Performance Enhancement, Injury Prevention, and Rehabilitation (Musculoskeletal Medicine)**

*Laurence E. Holt, Thomas E. Pelham, Jason Holt*

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Here is a definitive guide to flexibility that revises the conceptual framework of the field. From the conceptual foundations of research to the practical applications of stretching techniques in a number of domains, this book provides a fresh perspective on flexibility.

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