



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

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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