The second edition of Stretching Anatomy by Arnold G. Nelson and Jouko Kokkonen again delivers information needed to increase range of motion, maximize efficiency of movement, and reduce recovery time after performance in major athletic events. The chapters contain current research and narrative on a wide variety of stretching exercises and include the following topics: the Neck; Shoulders, Back, and Chest; Lower Trunk; Hips; Knees and Thighs; Feet and Calves; Dynamic Stretches; and Customizing Your Stretching Program. The book is beautifully illustrated with sketches and diagrams.

The introduction focuses on the benefits of stretching--from expanding range of...