Reach a whole new level of physical training with Functional Training Handbook, whose big-picture approach to movement fosters lifelong health, mobility, and athletic development.

This practical guide delivers clear, how-to- information, an array of sport-specific guidelines, and key principles that will keep your clients at peak performance. Join the revolution to improve sports performance, treat injury, and re-train patterns with this comprehensive guide to the body and its movement.

Key Features:
- Sport specific chapters include Baseball, Basketball, Cycling, Dance, Football, Golf, Hockey, Mixed Martial Arts, Olympic Weight Lifting, Skiing, Soccer, Swimming, Surfing, and Tennis.
- Emphasis on functional exercise explores the physics of weight-bearing and balance to reduce repetitive motion injuries.
- Guides to injury prevention, safe workouts, re-injury avoidance, and practical strategies for active athletes.

**Publication Year**: 2014  
**Edition**: 1st Ed.  
**Author/Editor**: Liebenson, Craig  
**Publisher**: Lippincott Williams & Wilkins (LWW)  
**ISBN**: 978-1-582-55920-9  
**Doody's Star Rating®**: ★★★★★ Score: 97  
**Doody Core Title Score**: 2.53 (Chiropractic)  
**Platform**: Ovid  
**Product Type**: Book  
**Speciality**: Exercise Science, Personal Training, Physical Therapy, Sports Medicine  
**Language**: English  
**Pages**: 472  
**Illustrations**: 849  
**Included In**:  
- Lippincott Williams & Wilkins Doody's Core Bridge Collection 2017  
- Lippincott Williams & Wilkins Doody's Core Collection 2017  
- Lippincott Williams & Wilkins Total Access Book Collection 2010 Onward  
- Lippincott Williams & Wilkins Total Access Book Collection 2011-2015 Bridge