



# Fascia in Sport and Movement

*Robert Schleip*

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## **Fascia in Sport and Movement** Robert Schleip

FASCIA in Sport and Movement provides sports coaches, movement teachers and manual therapists with the latest research on fascia in an accessible format. The book shows how an understanding of fascia's structure and function may inform your clinical practice.

This book will enhance the knowledge of the sports professional, yoga teacher and Pilates instructor and enable them better to understand and manage soft tissue injuries. Compiled and edited by one of the foremost researchers in the field of fascia for sport and movement the book offers the manual therapist information on how different activities influence the body's soft tissue matrix and the kind of injuries that might occur. Contributors constitute a veritable who's who of experts, who provide a distillation of the latest research and its practical applications.

FASCIA in Sport and Movement supplies professionals with the most up to date information they need for success. This book is a must for all bodywork professionals: sports coaches, fitness trainers, yoga teachers, Pilates instructors, dance teachers and manual therapists.

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