



The Scientific and Clinical Application of Elastic Resistance

By Phillip Page, Todd S. Ellenbecker

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Gain a solid base in the science behind elastic resistance exercise and learn the latest clinical applications for rehabilitation and fitness. *The Scientific and Clinical Application of Elastic Resistance* is the most comprehensive guide to elastic resistance exercise.

With this expansive reference, students and clinicians will learn how to deliver the most effective clinical and home exercise programs for patients and clients as well as tailor individual programs to improve physical conditioning and sport-specific abilities.

The book's 430 photographs show how to perform a variety of exercises using elastic resistance bands and tubing.

The companion CD-ROM (which can be purchased separately from the link below when it is available) contains all the exercises in the book, making it one of the most complete collections of elastic resistance exercises available. The CD-ROM is set up in the PhysioTools platform and allows users to order, edit, and download exercise programs, as well as

- sort exercises by body part, sport/activity, or special population for quick reference;

- develop protocols of elastic resistance exercises; and

- provide clean-printed handouts with instructions for patients. *The Scientific and Clinical Application of Elastic Resistance* presents a broad range of easy-to-access information organized into five parts: scientific applications, exercise applications for different areas of the body, training applications, sport-specific applications for 10 different sports, and special populations.

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Phillip Page, MS, PT, ATC, CSCS, is a physical therapist, athletic trainer, and certified strength and conditioning specialist. As manager of clinical education and research for Thera-Band Products, he has performed research on elastic resistance exercises. He has lectured internationally on the scientific and clinical use of elastic resistance and developed an educational course on elastic resistance that is being taught in six countries.

Previously, he was team physical therapist for the New Orleans Saints professional football club and Tulane University.

He is certified by the National Athletic Trainers' Association (NATA) and was awarded the NATA's Otto Davis Post Graduate Scholarship in 1991.

He earned a bachelor's degree in physical therapy from Louisiana State University Medical Center in New Orleans and a master's degree in exercise physiology from Mississippi State University. Page is in private practice in Baton Rouge, Louisiana, specializing in sports and orthopedic physical therapy.

Todd S. Ellenbecker, MS, PT, SCS, OCS CSCS, is the clinic director at the Physiotherapy Associates Sports Clinic, in Scottsdale, Arizona. A licensed physical therapist, he has researched and taught in the field for 16 years.

He is the author of *The Elbow in Sport* and *Complete Conditioning for Tennis* and editor of *Knee Ligament Rehabilitation*. He co-wrote *Closed Kinetic Chain Exercise*.

Ellenbecker has conducted extensive research on exercise and testing in musculoskeletal rehabilitation.

He is certified by the American Physical Therapy Association (APTA) as both a sports clinical specialist and orthopedic clinical specialist. The APTA also awarded him its Sports Physical Therapy Clinical Teaching Award in 1999. He is chairman of the APTA's Shoulder Special Interest Group and a manuscript reviewer for the *Journal of Orthopaedic and Sports Physical Therapy*.

Ellenbecker earned a bachelor's degree in physical therapy from the University of Wisconsin at LaCrosse and a master's degree in exercise physiology from Arizona State University. He also is certified as a strength and conditioning specialist.

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