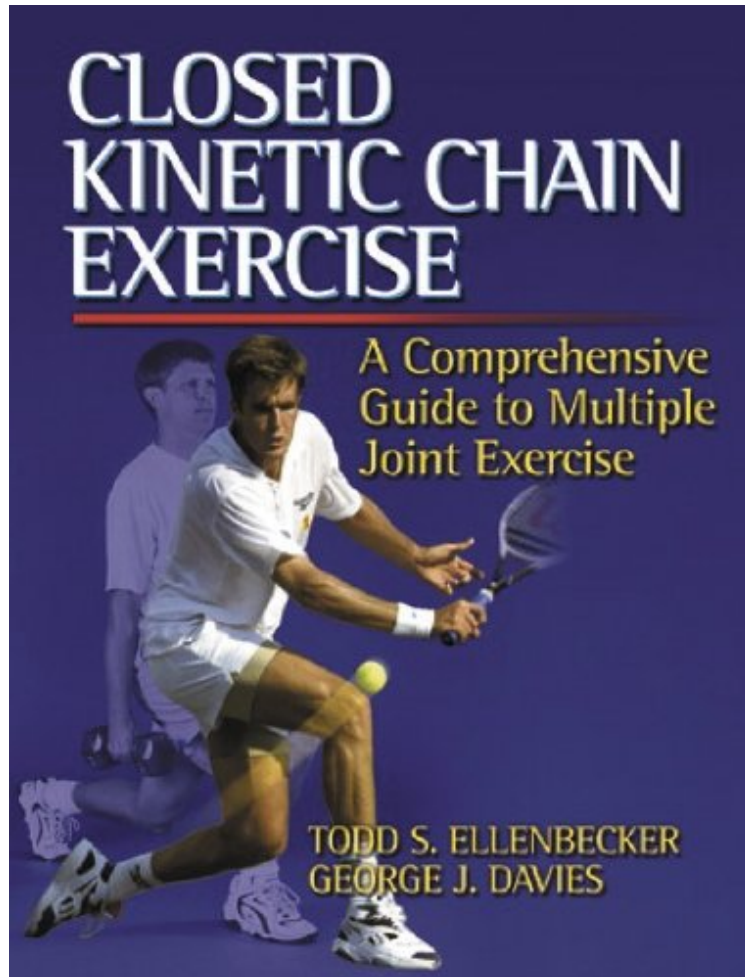


Closed Kinetic Chain Exercise: A Comprehensive Guide to Multiple Joint Exercises

Todd S. Ellenbecker, George Davies
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professional. A excellent blend of kinesiological/biomechanical principles with appropriate CKC sports application to enhance performance. Recommend this text for those healthcare professionals interested in CKC functional exercise progressions to integrate into their rehabilitative programs.

Closed kinetic chain exercise involving multiple joints is by no means new or state of the art. But it's only recently that exciting research has been published confirming its effectiveness in rehabilitation, sport conditioning, and injury prevention. *Closed Kinetic Chain Exercise: A Comprehensive Guide to Multiple Joint Exercises* brings you up to date on the latest research findings and provides creative and practical tips and guidelines for optimal application of the technique in settings with patients, athletes, and others. A valuable blending of science and practice, this comprehensive book is an indispensable resource for both practitioners and researchers. Written by clinicians who use this technique daily in their work, the book interprets the latest research, clarifies the scientific principles underlying the technique, and highlights important differences between open and closed kinetic chain exercise. The authors reinforce their points with examples from everyday life and sports to make the scientific information relevant and meaningful. Baseline measurements for joint interplay and the stress and load these joints bear are provided as an aid in testing and monitoring individual needs and progress. Various testing protocols and their sequencing are also discussed. The book goes beyond the whys of closed kinetic chain exercise to provide you with usable how-tos for applying a variety of techniques and variations to condition the upper and lower extremities. Forty-five closed kinetic chain exercises effective in enhancing muscular strength, power, and endurance as well as functional performance are incorporated into an individualized progressive training or rehabilitation program. Understanding the difficulties in treating the elbow and shoulder, the authors pay special attention to the use and progression of closed kinetic chain exercise in these areas. This user-friendly manual brings this therapeutic tool to life with examples, tables, and other visuals to show you how to perform the exercises and integrate them easily into clinical, fitness, and health settings. The book features the following: -More than 70 illustrations and photos that eliminate questions about how to do it - Step-by-step descriptions and examples of an array of practical exercises for easy reference on the job From theoretical aspects to everyday application, *Closed Kinetic Chain Exercise: A Comprehensive Guide to Multiple Joint Exercises* covers it all. You'll gain a solid foundation of knowledge and skill to improve your confidence and effectiveness in using these exercises to build strength, enhance performance, and improve health.

About the Author Todd S. Ellenbecker, MSPT, SCS, OCS CSCS, is the clinic director at the Physiotherapy Associates Sports Clinic, in Scottsdale, Arizona, and a licensed physical therapist who has researched and taught in the field for 15 years. The author of *The Elbow in Sport*, *Complete Conditioning for Tennis*, and *Knee Ligament Rehabilitation*, he has published numerous articles and research studies pertaining to the upper extremity in baseball and tennis players and has treated shoulder and elbow injuries in many professional players. 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. Ellenbecker runs and plays tennis in his spare time. George J. Davies, MEd, PT, SCS, ATC, CSCS, CET, SMAC, has been a professor of physical therapy at the University of Wisconsin at LaCrosse graduate physical therapy program for 25 years and presently is the director of clinical and research services at Gunderson Lutheran Sports Medicine-LaCrosse, Wisconsin. Davies has practiced closed kinetic chain exercise for more than 30 years in rehabilitation, performance enhancement, and prevention and has been involved in numerous research studies. He is the author of *A Compendium of Isokinetics in Clinical Usage*, the first book dedicated to the use of isokinetics in clinical settings. He has also published many book chapters and articles in the professional literature. Davies earned his MEd in health and physical education from Trenton State College and a certificate in physical therapy from the College of Physicians and Surgeons of Columbia University at New York. He also is an ABPTS sports clinical specialist, is certified as an athletic trainer by the NATA, a strength and conditioning specialist by the NSCA, an exercise specialist by the ACSM, and a specialist in martial arts conditioning by the ISSA. In his leisure time, the former U.S. Marine participates in marathons, triathlons, and weight training and holds a black belt in karate. He has been a sensei (teacher) of karate for several years.