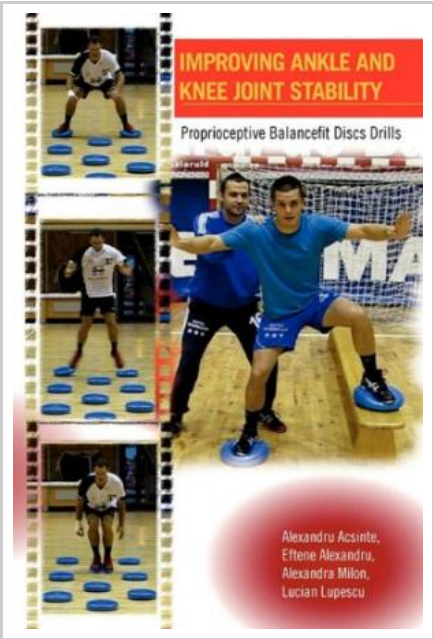


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Improving Ankle and Knee Joint Stability

By Lucian Lupescu

Xlibris Corporation. Paperback. Book Condition: New. Paperback. 194 pages. Dimensions: 9.0in. x 6.0in. x 0.5in.First book to present several physical exercises using Balancefit discs aimed to enhance the ankle and knee joint stability, as well as to improve proprioception, Improving Ankle and Knee Joint Stability. Proprioceptive Balancefit Discs Drills is addressed to a more specialised audience (coaches, physical trainers, Physical Education teachers or students). Why Balancefit discsMainly, the joint stability can be improved using tools such as Bosu, Wobble Board, balance board etc. But we think that the Balancefit discs (also known as Balance discs, Bobbled Balance Discs, Core Discs, or Stability Discs), in this case, are most appropriate for the drills we proposed. The advantage of the Balancefit discs, from the point of view of an increased effectiveness over the anatomical-physiological and biomechanical characteristics of different motor acts, is that they allow a lot more strains to be put on the muscles and ligaments, regarding the plans and axis of the movements we are trying to train. In comparison with the balance boards and the wobble boards that have a flat, hard foot contact surface, the Balancefit discs strain the plantar surface of the foot right through that mobile...

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