

Applied Anatomy Of Aerial Arts An Illustrated Guide To Strength Flexibility Training And Injury Prevention

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An illustrated guide to anatomy and biomechanics for aerialists who want to optimize their performance and train safely Emily Scherb--a physical therapist who specializes in the care, treatment, and education of circus performers--offers the first comprehensive anatomy book specifically designed for aerialists (including trapeze, silks, and other aerial arts). Using full-color illustrations and photographs, this book shows aerial artists how to perform at their best while protecting their ...

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Applied Anatomy of Aerial Arts: An Illustrated Guide to Strength, Flexibility, Training, and Injury Prevention. This is a must-have book for any aerialist who practises any aerial discipline. It's perfect for you if you practice (or you're interested in) trapeze, aerial silks, aerial yoga and other aerial arts.

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Anatomy of Aerial Arts lays a solid foundation for beginners and also provides advanced students with a wealth of insights into their own performance as well as refreshers on fundamentals in warm ups and conditioning. It explains how to structure a training session, how to care for injuries, and best practices for basic self first aid.

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Dr. Emily Scherb's book Applied Anatomy of Aerial Arts is now available! Emily has written the first anatomy book specifically for aerialists. Learn how your body works when it is hanging, inverting, climbing, or doing a hipkey.

[The-Circus-Doc](#)

An illustrated guide to anatomy and biomechanics for aerialists who want to optimize their performance and train safely. Specifically designed for aerialists--including those who do trapeze, silks, and other aerial arts- Applied Anatomy of Aerial Arts is an invaluable resource for those who want to optimize their performance and train safely.

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(Image provided by North Atlantic Books) I wrote Applied Anatomy of Aerial Arts (more info here) to put a road map in the hands of aerialists and to help them on their circus journey. I have been involved in circus since my childhood and always took my curiosity about the body through my education.

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An illustrated guide to anatomy and biomechanics for aerialists who want to optimize their performance and train safely Specifically designed for aerialists--including those who do trapeze, silks, and other aerial arts-Applied Anatomy of Aerial Arts is an invaluable resource for those who want to optimize their performance and train safely.

[Applied-Anatomy-of-Aerial-Arts-An-Illustrated-Guide-to](#)

The new book Applied Anatomy of Aerial Artists by author and Doctor of Physical Therapy Emily Scherb (aka The Circus Doc) was released this September 2018 and is a one of a kind resource for aerial artists. The 425 page tome of knowledge is packed with useful information for any circus student, as it offers general circus know-how about anatomy, body mechanics, proper warm-up and cool-down techniques as well as injury prevention and treatment.

[Applied-Anatomy-of-Aerial-Arts-A-Treasure-for-Circus](#)

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