



Dynamic Movement Assessment™: Prevent Injury and Enhance Performance

Trent Nessler DPT, Ella Haile Dunn MBA

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More than 2 million injuries occur in high school athletics every year. Over 45% of those that are non-contact occur in the lower kinetic chain--the knee, ankle, and foot. There are over 250,000 ACL injuries alone in the US every year. That equates to an annual health care cost of more than \$5 billion.

Additionally, 20% of those who have an ACL reconstruction rupture it again within 2 years...79% have osteoarthritis within 12 years... and only 43% return to the same level of sport as before the injury. These staggering statistics explain why these injuries have received so much attention in recent years. Even so, we have seen only a 1.5% reduction in these types of injuries in the last 5 years in the US. Why?

Trent Nessler and Ella Haile Dunn, in their new book entitled *Dynamic Movement Assessment™: Prevent Injury and Enhance Performance*, explore an area often overlooked in athletics and rehabilitation efforts today that directly impacts injury rates, return to sport and performance: human movement. They outline a startlingly effective new methodology to correct dysfunctional movement patterns in athletes that lead to injury and limit performance.

Review current research on movement showing the relationship between pathokinematic movement, decreased force attenuation and an increase in the likelihood of injury; and decreased force production, which limits athletic performance. Learn how to identify pathokinematics in your athletes, uncover their root causes and develop effective strategies to eliminate them. More than 450 corrective exercises are included.

This book will forever change the way you view athletes in motion.

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Adeline Norris:

Playing with family inside a park, coming to see the marine world or hanging out with close friends is thing that usually you might have done when you have spare time, after that why you don't try thing that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Dynamic Movement Assessment™: Prevent Injury and Enhance Performance, you could enjoy both. It is good combination right, you still desire to miss it? What kind of hangout type is it? Oh come on its mind hangout fellas. What? Still don't understand it, oh come on its referred to as reading friends.

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