



# Stretch and Strengthen for Rehabilitation and Development

By Bob Anderson, Donald G. Bornell

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This book instructs the disabled and elderly in simple stretch and strengthening exercises appropriate for individual rehabilitation and development programs. The strengthening exercises are done with a resistive cord. 3-5 stretches are given for each strengthening exercise for 29 generically and medically described muscles/body areas listed.

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**Bibliography**

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### **Editorial Review**

#### **About the Author**

Bob Anderson is the author of the best-selling book, STRETCHING. After several years of exercising and stretching in his mid 20's Bob developed a method of stretching that he found to be beneficial and that could be taught to anyone. In 1980 he and his wife, Jean, revised their self-published book STRETCHING with Shelter Publications and in 1984 Bob co-wrote STRETCH & STRENGTHEN FOR REHABILITATION AND DEVELOPMENT with Dr. Donald Bornell. Dr. Donald Bornell observed and worked closely with all ages and abilities for 38 years. His program of Movement is Individuality, an Interabilities Approach has evolved from his experience.

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pg.9 Introduction/Dr. Donald G. Borneol.....With STRETCH&STRENGTHEN there is no need for elaborate equipment, for the stretches require none, and the Is-Band (an elastic band with soft tubular handles), which was designed to assist individuals in regaining or increasing muscle tone through resistive exercises, can be carried in the pocket, purse or briefcase and used at home or at the office. Muscles can only increase in strength through resistive use and when a muscle is exercised, the antagonist or opposite muscle should be exercised when possible. Each set of stretches to be used in conjunction with each exercise was worked out for the specific group of muscles to be strengthened.

pg.48-49 Shoulders/Upper Arms: Pectoralis major and minor, Anterior Deltoid. Stretch (3 stretches illustrated). Strengthen: Position(illustrated): Hold Is-Band by gripping the two tubular handles with each hand. Raise arms up over head and back down behind back until band is across upper part of back just below the scapula(wing bones). Straighten out the arms, placing tension on the band with palms forward. Process(illustrated): Without bending elbows bring arms forward until hands are together and in front of chest. Repeat until shoulder area is slightly tired. If resistance of the band is too great, alternate bending one elbow, then the other, while performing the exercise. The amount of bend will determine the resistance. After completing the exercise repeat the stretches on the opposite page.

### **Users Review**

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#### **Mark Sawyers:**

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**James Melendez:**

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