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**Applied Anatomy of Aerial Arts by
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**Applied Anatomy of Aerial Arts -
North Atlantic Books**

An illustrated guide to anatomy and
biomechanics for aerialists who want to

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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. Using a biomechanical and movement-based approach, Emily

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Scherb—a physical therapist who specializes in the care, treatment, and education of ...

Applied Anatomy of Aerial Arts by Scherb, Emily (ebook)

(Image provided by North Atlantic Books) I wrote Applied Anatomy of Aerial Arts (more info here) to put a road map

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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.

**"Applied Anatomy of Aerial Arts" -
American Circus ...**

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Applied Anatomy of Aerial Arts :

Emily Scherb : 9781623172169

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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,

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climbing, or doing a hipkey.

The Circus Doc

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

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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

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a training session, how to care for
injuries, and best practices for basic self
first aid"--

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Scherb available in Trade Paperback on Powells.com, also read synopsis and reviews. An illustrated guide to anatomy and biomechanics for aerialists who want to optimize their...

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