

Extend And Connect

Your power in any movement is always limited to the strength of the weakest link in the movement chain. From the photo you can see that this chain is formed by four basic structures:

- The joints between bones.
- The ligaments joining bone to bone.
- The tendons joining muscles to bone.
- The muscles.

Most sports injuries do not occur to bones or muscles, but to joints, ligaments and tendons.¹ These injuries occur especially when the joints are in extension and rotation under load, just the sort of situation that occurs with athletic



