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About For Books Applied Anatomy of Aerial Arts: An Illustrated Guide to Strength, Flexibility,

Applied Anatomy of Aerial Arts - The Circus Doc

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

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childhood and always took my curiosity about the body through my education.

Pole Dance Science - Home
Applied Anatomy of Aerial Arts is a compendium of information pertinent to your body and to circus. Though thorough and detailed, it reads like a page-turner. It is filled with arcane knowledge from the most forward-thinking in the sports medical community, and every page yields discoveries.

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Applied Anatomy of Aerial Arts : Emily Scherb : 9781623172169

Applied Anatomy of Aerial
Arts . Written by "The
Circus Doc," Emily Scherb,
DPT. This book is a must-
have for any circus nerd.
Rethinking shoulder position
in Circus Arts "Cirque
Physio" Jennifer Crane, DPT
has so many great articles.
I am a big fan of her
shoulder series, which
easily translates to pole
dancing form.

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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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