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Though thorough and
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with arcane knowledge
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physical therapist who

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specializes in the care, treatment, and education of circus performers--offers the first comprehensive anatomy book specifically designed for aerialists (including trapeze, silks, and other aerial arts). Using full-color illustrations and photographs, this book shows aerial artists how to perform at their best

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Illustrated Guide to
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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.

~~Best Aerial Yoga Books~~

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Anatomy of Aerial Arts An Illustrated Guide To Strength Flexibility Training And Injury Prevention
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 a training

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session, how to care for injuries, and best practices for basic self first aid.

Guide To

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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
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your body works when it
is hanging, inverting,
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~~Applied Anatomy of Aerial Arts—North Atlantic Books~~

(Image provided by North Atlantic Books) I wrote Applied Anatomy

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

~~"Applied Anatomy of Aerial Arts" - American~~

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~~Strength Flexibility Training And Injury Prevention~~
The new book Applied Anatomy of Aerial Artists by author and Doctor of Physical Therapy Emily Scherb

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(aka The Circus Doc)

was released this
September 2018 and is
a one of a kind resource

for aerial artists. The
425 page tome of
knowledge is packed
with useful information
for any circus student, as
it offers general circus
know-how about
anatomy, body
mechanics, proper
warm-up and cool-down

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techniques as well as
injury prevention and
treatment.

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