



Textbook Errata Notice

We strive to provide accurate and high-quality educational materials. However, despite our best efforts, errors can occasionally occur. This document lists corrections for NASM Essentials of Corrective Exercise Training, 2nd Edition.

Please refer to the following corrections to ensure you have the most accurate information. If you have any questions or discover additional errors, please contact us at nasmcares@nasm.org.

Thank you for your attention and continued support.

Issue Corrected	Textbook Page(s)
Changed eccentric action on sartorius from "Decelerates hip extension and external rotation..." to "Decelerates hip extension and internal rotation..."	23
"Ribs 4-12" replaced with "Ribs 1-8/9"	33
Corrected origin of biceps brachii to "at the scapula," not biceps	36
Figure 2.6 updated to move thick filament dot to correct location	46
In movement section, added a period after tempo on second bullet.	245
In procedure section, corrected spelling of centimeters	255
Under "Abnormal Muscle Activation Patterns" added a period at end of second sentence.	296
Under "Overpronation" removed a period before citation in second sentence.	297
Figure 14.8 updated bicep tendon label from "(long head)" to "(short head)"	394
Under "Influence Above the Shoulder..." added a period at end of second to last sentence.	402
Under Wrist header, changed "37 bones" to "27 bones"	428

<p>Corrected Padua, Pearcey, and Wong references to add DOI and weblinks: Padua, D. A., DiStefano, L. J., Marshall, S. W., Beutler, A. I., de la Motte, S. J., & DiStefano, M. J. (2012). Retention of movement pattern changes after a lower extremity injury prevention program is affected by program duration. <i>The American Journal of Sports Medicine</i>, 40(2), 300–306. https://doi.org/10.1177/0363546511425474</p> <p>Pearcey, G. E., Bradbury-Squires, D. J., Kawamoto, J. E., Drinkwater, E. J., Behm, D. G., & Button, D. C. (2015). Foam rolling for delayed-onset muscle soreness and recovery of dynamic performance measures. <i>Journal of Athletic Training</i>, 50(1), 5–13. https://doi.org/10.4085/1062-6050-50.1.01</p> <p>Wong, D. P., Chaouachi, A., Lau, P. W. C., & Behm, D. G. (2011). Short durations of static stretching when combined with dynamic stretching do not impair repeated sprints and agility. <i>Journal of Sports Science & Medicine</i>, 10(2), 408–416. https://www.jssm.org</p>	525
Replaced Static Postural assessment form	192, 539
Replaced OSHA form	232, 540
Replaced single leg and split squat form	236, 238, 541
Corrected inconsistent use of narrow, split stance	236,243, 245
Replaced loaded squat form	242, 542
Replaced loaded push and pull form and standing overhead dumbbell press form	244, 246, 543
Replaced gait assessment form	251, 544
Replaced depth jump	254, 545