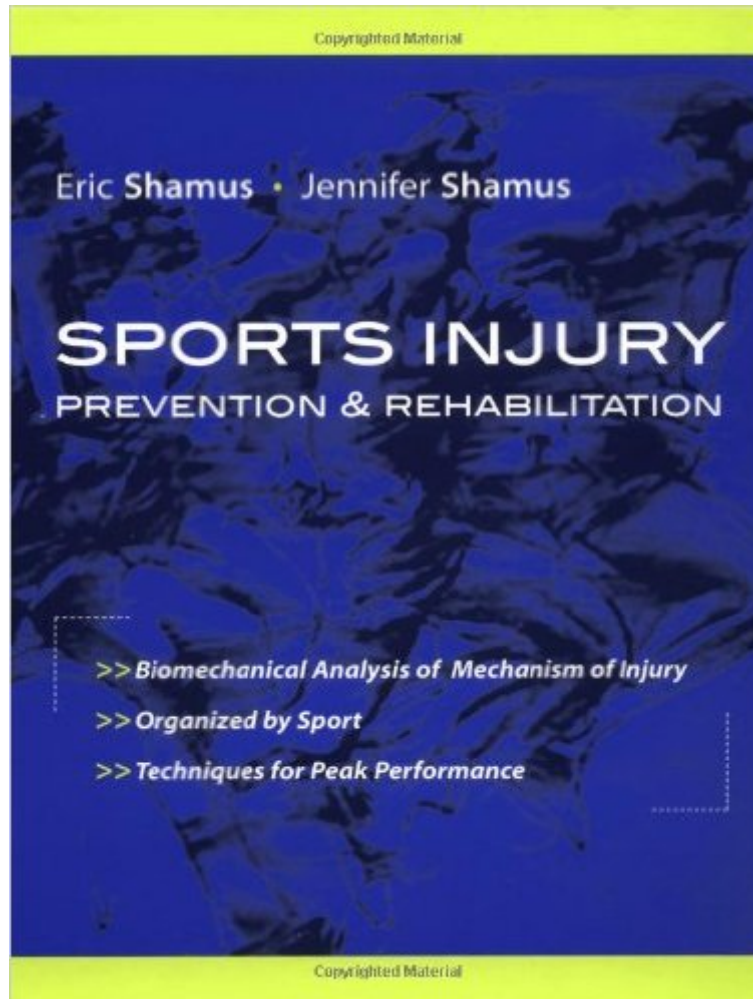


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Sports Injury Prevention And Rehabilitation



Synopsis

* A comprehensive text for students or practicing physical therapists treating orthopedic injuries in professional or casual athletes. * First reference that presents information categorized by sport, to effectively illustrate specific causes of common sport injuries. * Each chapter presents the biomechanics of the injury, an analysis of injuries common to that sport, a program of functional rehabilitation, and coverage of warm-up, stretching, and other injury prevention methods

Book Information

Hardcover: 513 pages

Publisher: McGraw-Hill Medical; 1 edition (July 1, 2001)

Language: English

ISBN-10: 0071354751

ISBN-13: 978-0071354752

Product Dimensions: 7.8 x 1.4 x 9.6 inches

Shipping Weight: 2.5 pounds

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #1,270,986 in Books (See Top 100 in Books) #73 inÂ Books > Sports & Outdoors > Coaching > Tennis #90 inÂ Books > Sports & Outdoors > Other Team Sports > Volleyball #101 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming

Customer Reviews

The book has practical tips for coaches, trainers, athletes and therapists. Provided excellent information on prevention, evaluation, and treatment prescriptions for professional and amateur athletes including weekend warriors. The book has a sport specific approach to biomechanics, peak performance enhancement tips, injury prevention and rehabilitation. I like Martial Arts and the book had great pictures to help prevent injuries. The golf chapter also really helped my swing and took my shoulder pain away. Would highly recommend.

A

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Sports Injury Prevention and Rehabilitation Stroke and Brain Injury Unraveled: Prevention, Causes, Symptoms, Diagnosis, Treatment, Recovery and Rehabilitation of One of the Most Debilitating Maladies You Hope You Never Have in Your Lifetime Electrical Injury: A Multidisciplinary Approach

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