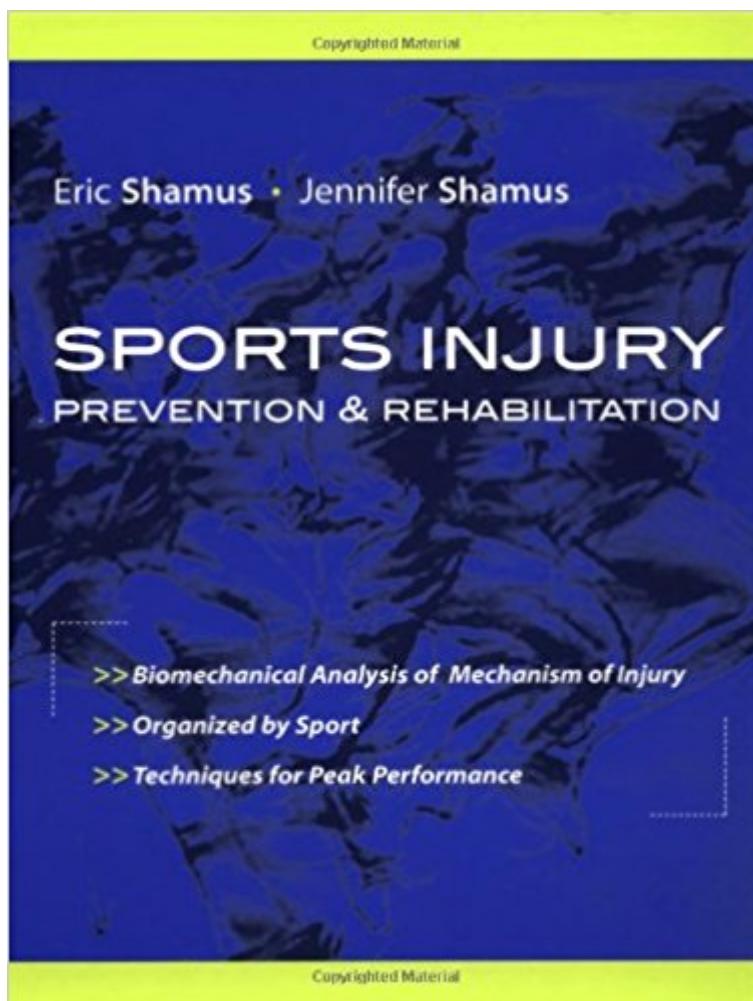


The book was found

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 stars 2 customer reviews

Best Sellers Rank: #947,611 in Books (See Top 100 in Books) #59 in Books > Sports & Outdoors > Coaching > Tennis #63 in Books > Sports & Outdoors > Other Team Sports > Volleyball #224 in Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming

Customer Reviews

"This book is an excellent resource for those working with athletes in several different sports, helping to build an understanding of the injuries that are common with each sport." (National Strength And Conditioning Association 2002-01-01)

First to tackle sports injuries one sport at a time, this unique physical therapy text provides new resources to students and professionals concerned with peak athletic performance and treating and preventing injuries... *A detailed biomechanical analysis of each sport injury . *The most detailed coverage you can find on sport-specific injuries, including treatment, prevention, and return to training programs. *Inside: unique insights, analysis, and techniques on the causes, cures, and preventions of injuries in athletes in more than a dozen major sports . . Giving physical therapists and others who treat athletes unique tools to meet the rapidly growing needs of athletes at all levels, Sports-Specific Injuries features: . *The only sport-specific approach to physical therapy. *Sport-by-sport organization. *Precise biomechanical analysis of the each

sport's movements and injury mechanisms, based on high-tech methods. *Detailed coverage of each sport's most common injuries. *Sport-specific approach to biomechanics, peak performance enhancement tips and rehabilitation. *Individualized injury-prevention warm-ups for each sport. *Leading-edge prevention, evaluation, and treatment prescriptions for professional and amateur athletes, including weekend warriors. *Practical tips for coaches, trainers and athletes themselves. *70 illustrations

A

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.

[Download to continue reading...](#)

Injury Prevention: Competencies For Unintentional Injury Prevention Professionals Sports Injury Prevention and Rehabilitation Rehabilitation Techniques for Sports Medicine and Athletic Training (Rehabilitation Techniques in Sports Medicine (Prentice Hall)) Winning Personal Injury Cases: A Personal Injury Lawyer's Guide to Compensation in Personal Injury Litigation 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 to Therapy, Prevention, and Rehabilitation (Annals of the New York Academy of Sciences) Skateboarding: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Football: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Hockey: How It Works (Sports Illustrated Kids: the Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Scientific Foundations and Principles of Practice in Musculoskeletal Rehabilitation, 1e (Musculoskeletal Rehabilitation Series (MRS)) Injury Rehab with Resistance Bands: Complete Anatomy and Rehabilitation Programs for Back, Neck, Shoulders, Elbows, Hips, Knees, Ankles and More Quick Reference Neuroscience for Rehabilitation Professionals: The Essential Neurologic Principles Underlying Rehabilitation Practice Pharmacology in Rehabilitation (Contemporary Perspectives in Rehabilitation) Physical Rehabilitation (O'Sullivan, Physical

Rehabilitation) Neurological Rehabilitation, 6e (Umphreds Neurological Rehabilitation)
Pharmacology in Rehabilitation, 4th Edition (Contemporary Perspectives in Rehabilitation) Quick Reference
Neuroscience for Rehabilitation Professionals: The Essential Neurological Principles
Underlying Rehabilitation Professionals, Second Edition Neurological Rehabilitation - E-Book
(Umphreds Neurological Rehabilitation) A Comprehensive Guide to Geriatric Rehabilitation:
[previously entitled Geriatric Rehabilitation Manual], 3e The Anatomy of Stretching, Second Edition:
Your Illustrated Guide to Flexibility and Injury Rehabilitation

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)