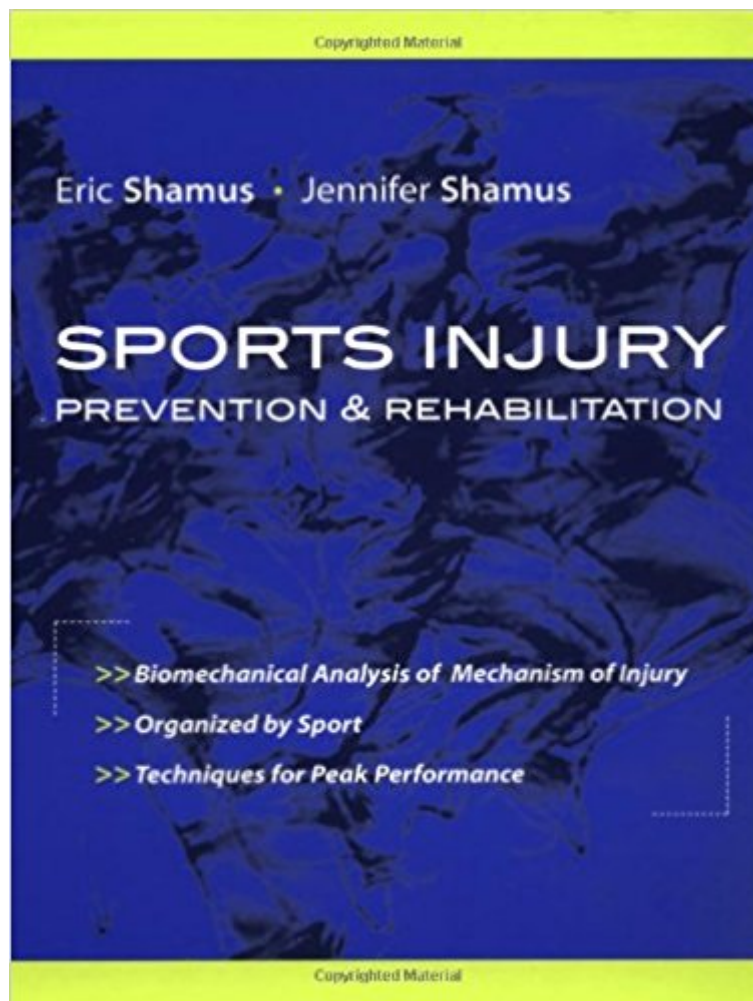




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# Sports Injury Prevention And Rehabilitation



## 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

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## 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.

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