



## Sports Injuries: A Self-Help Guide (2nd Revised edition)

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By Vivian Grisogono

Lotus Publishing. Paperback. Book Condition: new. BRAND NEW, Sports Injuries: A Self-Help Guide (2nd Revised edition), Vivian Grisogono, The best-selling comprehensive guide to sports injuries, now completely updated! Sports Injuries: a Self-Help Guide describes how the body works, why injuries happen in adults and children, how to deal with them, whom to consult, complications and consequences of injuries, recovery through rehabilitation exercise programmes, safety measures and injury prevention. Three hundred line drawings illustrate a full range of recovery exercises through stretching, strengthening, mobilizing, and coordinating. This is an essential book for sports participants, coaches, personal trainers, PE teachers, parents, sports science and sports therapy students, and is also a useful reference tool for doctors and therapists.



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*This publication is definitely worth buying. It can be loaded with wisdom and knowledge I am easily could possibly get a satisfaction of looking at a composed publication.*

-- **Rhiannon Steuber**

*Very helpful to all type of individuals. It really is rally interesting throgh looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.*

-- **Tyshawn Brekke**