



## Sports Injuries: Your Illustrated Guide to Prevention, Diagnosis and Treatment (2nd Revised edition)

By Brad Walker

Lotus Publishing. Paperback. Book Condition: new. BRAND NEW, Sports Injuries: Your Illustrated Guide to Prevention, Diagnosis and Treatment (2nd Revised edition), Brad Walker, Everyone who plays sports experiences injuries. Many people never fully recover because they are not aware of what they can do to facilitate recovery. But there is no need to simply resign yourself to "living with" a sports injury. Author Brad Walker brings years of expertise - he works with elite-level and world-champion athletes, and lectures on injury prevention, to this fully updated and expanded edition of The Anatomy of Sports Injuries. The book takes a fundamental approach, bringing you inside the body to show exactly what is happening when a sports injury occurs. At the heart of The Anatomy of Sports Injuries are 300 full-colour anatomical illustrations that show the sports injury in detail, along with over 100 colour drawings of simple stretching, strengthening, and rehabilitation exercises that the reader can use to speed up the recovery process. The Anatomy of Sports Injuries is for every sports player or fitness enthusiast who has been injured and would like to know what the injury involves, how to rehabilitate the area, and how to prevent complications or injury...



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