

Tennis Medic:
Conditioning, Sports
Medicine and Total
Fitness for Every Player

Levisohn, Steven R.

Note: This is not the actual book cover

Tennis Medic Conditioning Sports Medicine And Total Fitness For Every Player

RJ Alexander



Tennis Medic Conditioning Sports Medicine And Total Fitness For Every Player:

Tennis Medic Steven R. Levisohn, Harvey Bruce Simon, 1984-01-01 **A Guide to the Literature of Tennis** Angela Lumpkin, 1985-11-19 This comprehensive guide covering the entire spectrum of tennis subjects lists and evaluates more than 950 English language books and over 150 tennis films and videotapes Among the subjects treated are rules and techniques of play histories of the game biographies and autobiographies of champion players psychological approaches to improving one's game advice on matters of fitness physical conditioning and rehabilitation of tennis related injuries the construction and maintenance of tennis courts tennis in schools and recreational settings the administration of tournaments tennis equipment the traveling tennis player tennis humor and tennis films and videotapes *The Tennis Sourcebook* Dennis J. Phillips, 1995 Contains an unprecedented amount of information sources on the sport of tennis its personalities as well as its rich and colorful history **Teaching, Coaching, and Learning Tennis** Dennis J. Phillips, 1989 Scholarly as well as popular writings on the scientific technical physiological psychological and health aspects of tennis are highlighted in the 510 annotated items **Safe Veterans Sport**, 1991 **Medical and Health Care Books and Serials in Print**, 1986
Publishers Weekly, 1986 **Tennis Medicine** Giovanni Di Giacomo, Todd S. Ellenbecker, W. Ben Kibler, 2019-01-08 This book will serve as a key resource for all clinicians working in orthopedics sports medicine and rehabilitation for the sport of tennis It provides clinically useful information on evaluation and treatment of the tennis player covering the entire body and both general medical and orthopedic musculoskeletal topics Individual sections focus on tennis related injuries to the shoulder the elbow wrist and hand the lower extremities and the core spine explaining treatment and rehabilitation approaches in detail Furthermore sufficient sport science information is presented to provide the clinical reader with extensive knowledge of tennis biomechanics and the physiological aspects of training and rehabilitation Medical issues in tennis players such as nutrition and hydration are also discussed and a closing section focuses on other key topics including movement dysfunction periodization core training and strength and conditioning specifics The expansive list of worldwide contributors and experts coupled with the comprehensive and far reaching chapter provision make this the highest level tennis medicine book ever published **Whitaker's Cumulative Book List**, 1984 Medical Aspects of Sport and Physical Fitness J. G. P. Williams, 2013-10-22 Medical Aspects of Sport and Physical Fitness describe the medical and paramedical aspects of sport physical education and fitness The author reviews the concept of physical fitness as a person being able to perform work The author also discusses the cardiovascular respiratory muscular and nervous systems of the body that partake during physical work and activity The psychological aspects such as motivation personality sport insight ritual team games and problem also affect the player's performance Many misconceptions pertain to warm up exercises less is known about warm down but both have a purpose in keeping the body fit before and after some physical activity The author describes the nature of sports injuries their diagnosis and the types of injury He emphasizes the importance of

prevention of sports injuries the prevention of diseases such as infections allergies or occupational diseases as well as their treatment The book also discusses sports for the physically disabled and mentally challenged persons This book can be helpful for physical education instructors coaches trainers and team managers as well as students and team players engaged in sports Physical Therapy ,1985 **Sports Medicine Bibl** Lyle J. Micheli,1995-04-15 Out of the lifestyle revlutiion of the past quarter century has emerged a new kindof recreational athlete oen more likely to pursue a physical activity that brings health benefits than to tackle a traditional rough and tumble sport As a result overuse or chronic injuries such as runner s knee and swimmer s shoulder are increasingly replacing sprains strains and breaks as the badge of the weekend Warrior The sports medicine profession has responded to the rise in overuse injuries by placing greater emphasis on injury prevention developing new diagnostic and treatment techniques and promoting rehabilitation as an aid to full recovery This is what Dr Lyle J Micheli one of the nation s foremost sports medicine authorities calls the new sports medicine In The Sports Medicine Bible Dr Micheli responds to the need for more and better answers to the questions posed by recreational athletes desperate for sound medical advice that will help them return to their physical regimens as quickly as possible He emphasizes strength and flexibility as the keys to injury prevention encourages early motion rather than immobilization during the rehabilitation process and recommends other proven techniques that are replacing the sports medicine techniques of past generations This book covers the whole spectrum of sports medicine including special sections on nutrition female specific sports injuries exercise and the elderly structuring a workout flexibility and strength clothing and footwear and proper equipment Separate chapters examine causes and symptoms diagnosis and treatment of injuries to the foot ankle lower leg knee thigh hip pelvis and groin back shoulder elbow wrist hand and finger head and neck and skin By following the guidance and guidelines embodied in The Sports Medicine Bible the recreational athlete can heighten his or her fitness experience while learning the most modern techniques for effectively managing sports injuries Written in clear straightforward language with hundreds of illustrations The Sports Medicine Bible is destined to become an essential piece of equipment in every athlete s gym bag American Book Publishing Record ,1985 **Sports, Exercise, and Fitness** Mary Beth Allen,2005-03-30 For reference librarians and researchers seeking information on sports and fitness this guide is an important first stop For collection development specialists it is an invaluable selection guide Allen describes and evaluates over 1 000 information sources on the complete spectrum of sports from basketball football and hockey to figure skating table tennis and weight training Focusing on English language works published between 1990 and the present the guide thoroughly covers traditional reference sources such as encyclopedias and bibliographies along with instructional sources in print formats online databases and Web sites To enable users in search of information on specific sports or fitness activities chapters are organized thematically according to broad type aquatic sports nautical sports precision and accuracy racket sports ice and snow sports ball sports cycling and so on with subcategories for such individual sports as soccer golf and yoga

Within these categories works are further organized by type reference instructional and Web sites **The Writers**
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