

Health Reference Series

Third Edition

Sports Injuries

SOURCEBOOK



Basic Consumer Health Information about Sprains and Strains, Fractures, Growth Plate Injuries, Overtraining Injuries, and Injuries to the Head, Face, Shoulders, Elbows, Hands, Spinal Column, Knees, Ankles, and Feet, and with Facts about Heat-Related Illness, Steroids and Sport Supplements, Protective Equipment, Diagnostic Procedures, Treatment Options, and Rehabilitation

Along with a Glossary of Related Terms and a Directory of Resources for Additional Help and Information

*Edited by
Sandra J. Judd*

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