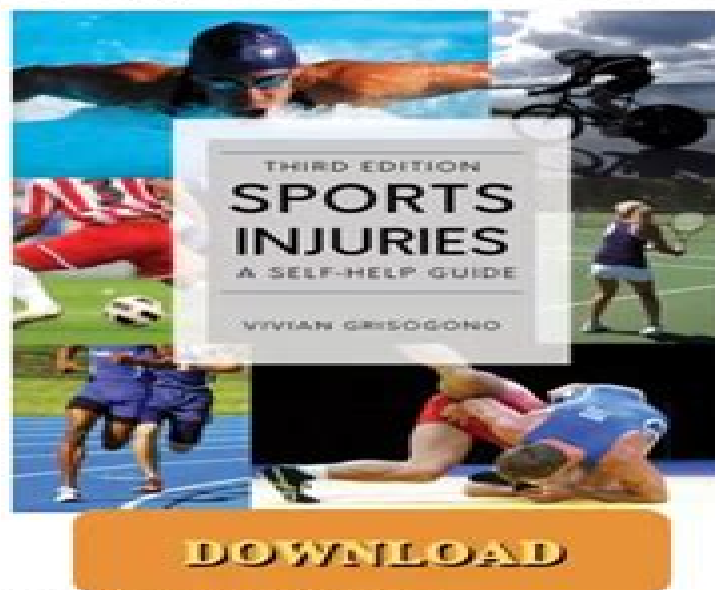


Sports Injuries: A Self-Help Guide



Sports Injuries: A Self-Help Guide

Description :

Vivian Grisogono passes on years of experience as a sports participant and physiotherapist, making this book, now completely updated, the most effective guide to coping with injuries and getting back to sport. Indispensable reading for not only sportsmen and women of all types and ages, but also to coaches, PE teachers, and medical and paramedical practitioners interested in sports injuries. Injuries are described geographically, from foot to neck, and then down the arm. The causes of injury are explained, to help you understand how and why a particular injury occurs, whether it's a sudden traumatic injury like the sprinter's hamstring tear or the squash player's Achilles tendon rupture, or a gradual overuse injury like tennis elbow or runner's shin soreness. Self-diagnosis is extremely difficult, and this book aims to help the reader to identify the possible causes of pain, in order to present a clear picture of the problem to a medical practitioner, so that they can make a speedy and accurate diagnosis. The first-aid and immediate self-help measures you should take for any injury, before you manage to see a medical practitioner, are described. Following diagnosis, rehabilitation principles for each injury are given, from the very early stages of recovery, through to your return to sport. For tendon and muscle injuries, the progression starts with passive stretching for flexibility, then you re-strengthen the injured muscle group, until the final stage when you

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Sports Injuries A Self Help Guide:

This book delves into Sports Injuries A Self Help Guide. Sports Injuries A Self Help Guide is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Sports Injuries A Self Help Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Sports Injuries A Self Help Guide
- Chapter 2: Essential Elements of Sports Injuries A Self Help Guide
- Chapter 3: Sports Injuries A Self Help Guide in Everyday Life
- Chapter 4: Sports Injuries A Self Help Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Sports Injuries A Self Help Guide. The first chapter will explore what Sports Injuries A Self Help Guide is, why Sports Injuries A Self Help Guide is vital, and how to effectively learn about Sports Injuries A Self Help Guide.
3. In chapter 2, the author will delve into the foundational concepts of Sports Injuries A Self Help Guide. The second chapter will elucidate the essential principles that must be understood to grasp Sports Injuries A Self Help Guide in its entirety.
4. In chapter 3, the author will examine the practical applications of Sports Injuries A Self Help Guide in daily life. This chapter will showcase real-world examples of how Sports Injuries A Self Help Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Sports Injuries A Self Help Guide in specific contexts. This chapter will explore how Sports Injuries A Self Help Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Sports Injuries A Self Help Guide. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Sports Injuries A Self Help Guide.

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