



Allan M. Levy, MD
Team Physician for the New York Giants
and Mark L. Fuerst
with a Foreword by Bill Parcells

Sports Injury Handbook



Professional Advice for Amateur Athletes

*Easy-to-follow
do's and don'ts for
every common injury
and symptom—plus
the most effective
strengthening, warm-up,
and conditioning
exercises*



Sports Injury Handbook Professional Advice For Amateur Athletes

Brendan G. Carr



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