

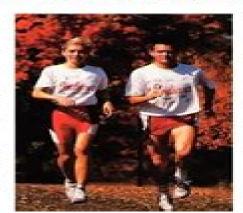
Allan M. Levy, MD Team Physician for the New York Giants

and Mark L. Fuerst

with a Foreword by Bill Parcells

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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