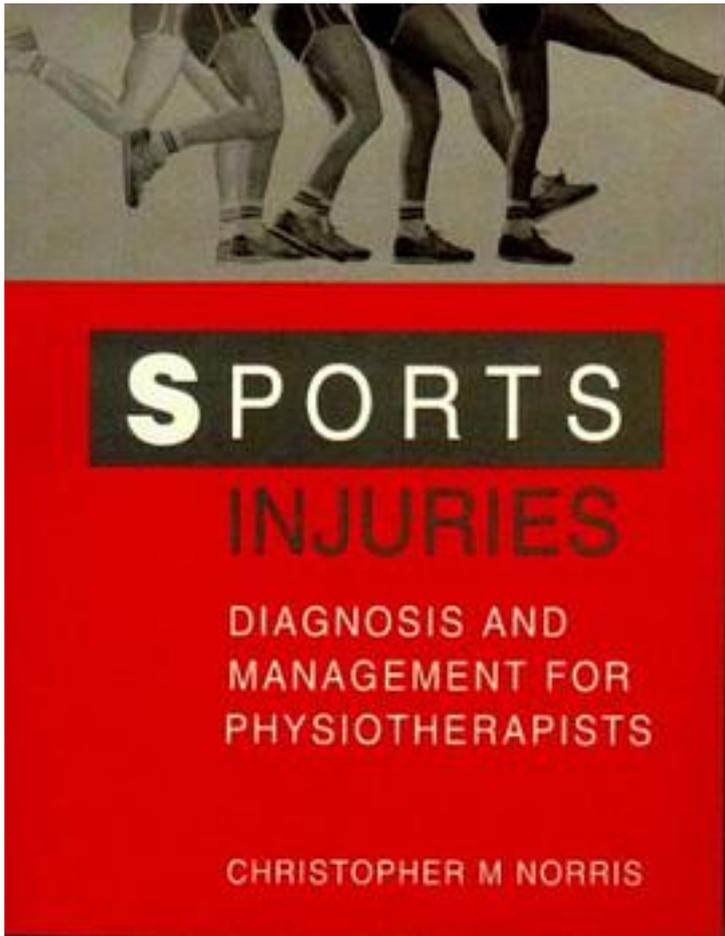


# Sports Injuries



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出版者:Elsevier Science Health Science div

出版时间:2004-8

装帧:HRD

isbn:9780750652230

This completely updated and extended edition of the highly successful and practical handbook, "Sports Injuries: Diagnosis and Management" provides the most comprehensive single source for the management of soft-tissue injuries. Designed and

written for clarity, the book provides an equal balance of scientific information and clinical guidance, emphasizing an evidenced-based approach. Divided into 20 chapters, the book covers biomechanics of injury, tissue healing, sports massage, taping, exercise therapy and training, first contact management, gait and detailed coverage of sports injuries to the upper limb, lower limb and trunk. Well referenced and extensively illustrated, this greatly expanded and revised text will continue to be invaluable to physiotherapists, chiropractors, osteopaths, sports and massage therapists, medical practitioners, coaches, trainers and all those involved in the treatment of athletes and sports people.

作者介绍:

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