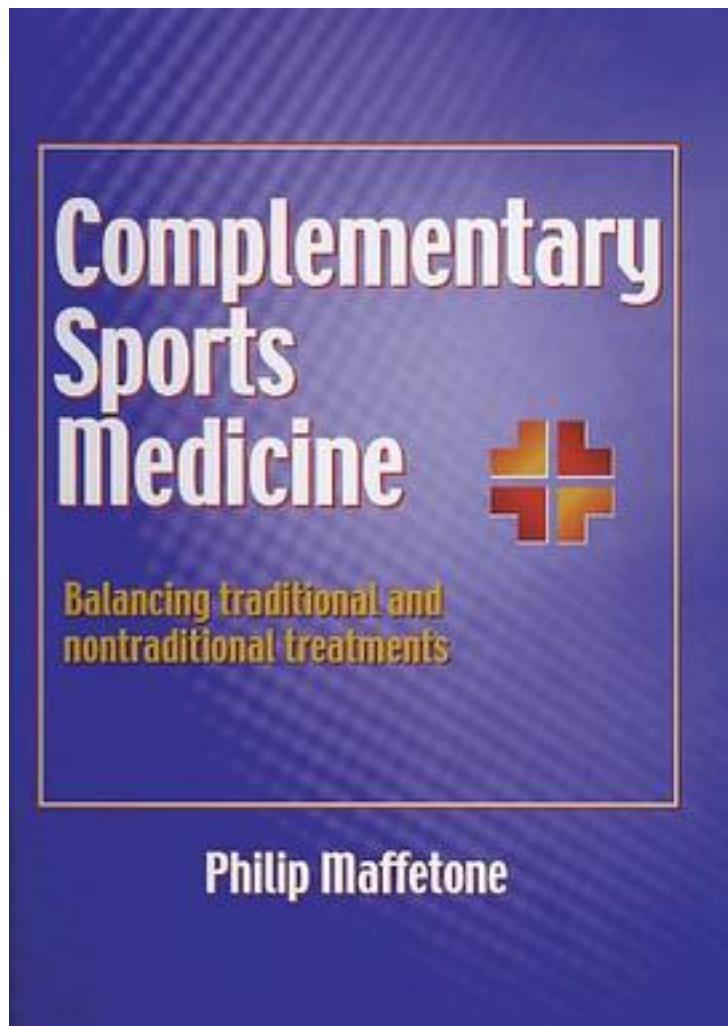


# Complementary Sports Medicine



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Stay ahead of the curve by offering your patients and athletes a full complement of

care that focuses not only on their symptoms but examines the varied and interrelated factors that contribute to their health. Complementary Sports Medicine shows you how to combine many nontraditional therapies that will help your athletes improve performance and avoid injury. You can use the plans outlined in this book to augment traditional therapies and develop a holistic approach that addresses athletes' mental/emotional, physical, and chemical well-being. Author Philip Maffetone, DC, applies his more than 20 years of sports medicine experience in this unique book that combines many health care approaches that are presently learned and practiced separately, including manual muscle testing, nutritional analysis, and training recommendations. The book teaches a hands-on approach with specific therapies and assessment processes that closely examine all aspects of an athlete's lifestyle and training regimen. The book also summarizes scientific studies that substantiate the approaches discussed and provides brief outlines of case histories to illustrate its clinical points. With Complementary Sports Medicine, you will be able to: - Discover and prevent the root causes of injury by understanding factors contributing to physical, emotional, or chemical imbalances- Educate athletes regarding how they can impact performance and health by understanding and addressing their physical, emotional, and chemical needs- Determine which nontraditional therapies will work best for each athlete- Develop stronger, proactive practitioner-patient relationships The book also helps practitioners define their limitations to learn when professional referrals are appropriate. Complementary Sports Medicine gives you the skills to enhance traditional therapies to bring into focus the full and complex picture of overall athlete health.

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