

# Sports Injury Prevention



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This volume in the Handbook of Sports Medicine and Science series is a practical guide on the prevention of sports injuries. It covers all Olympic sports, plus additional sport activities with international competition, such as rugby. Focusing on reducing the

potential for injuries, the book is organised by regions of the body. There are also chapters on the importance of injury prevention and developing an injury prevention program within a team. The authors identify the risk factors for specific injuries in each sport, typical injury mechanisms and risks associated with training.

作者介绍:

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