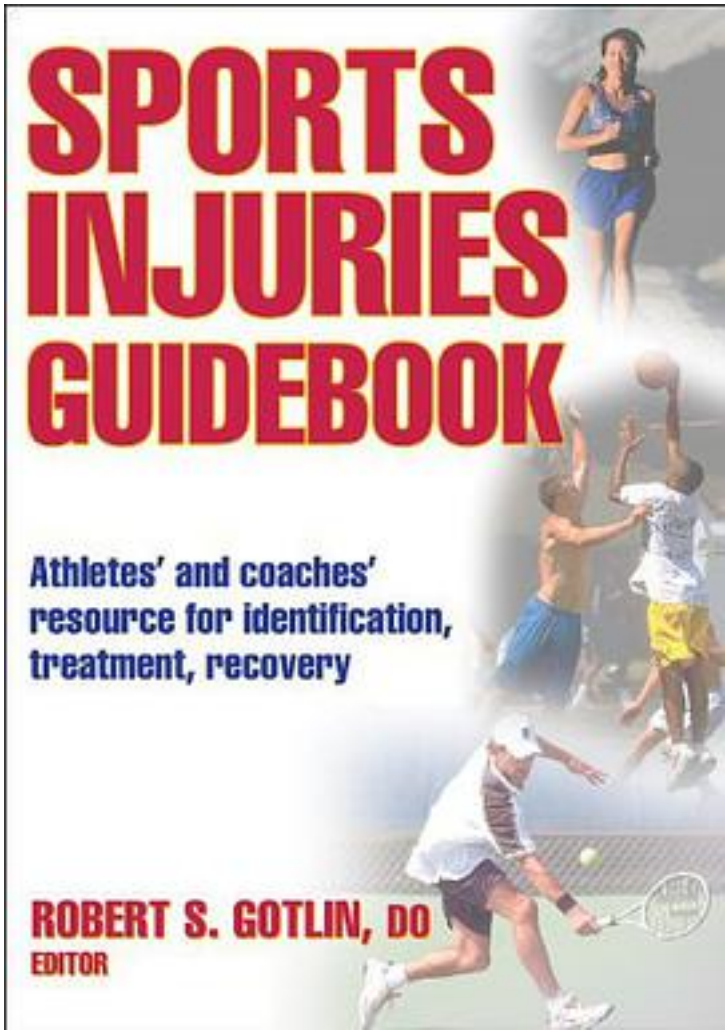
Sports Injuries Guidebook



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著者:Gotlin, Robert S.

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This book will be of interest to athletes, coaches, health and fitness professionals,

students and the general public interested in sports medicine. It includes the athletes' guide to treating sports injuries, pain and deciding when to keep playing and when to possibly stop. Included are details of body conditioning, nutrition, equipment choice and repair techniques to prevent injuries.

作者介绍:

罗伯特・S.高特林，博士，著-名骨科专家和运动康复专家，叶史瓦大学阿尔伯特・爱因斯坦医学院物理医学与康复专业助理教授。多年来，他一直主持“罗伯特博士谈体育健康和健身”和“ABC
健康生活”两档电视节目，为大众讲解医疗新闻和实用健康建议。此外，他还承担了多家NBA球队以及其他运动队伍的医疗服务任务，在大量实践经验的基础上发表了许多运动损伤治疗方面的文章。

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