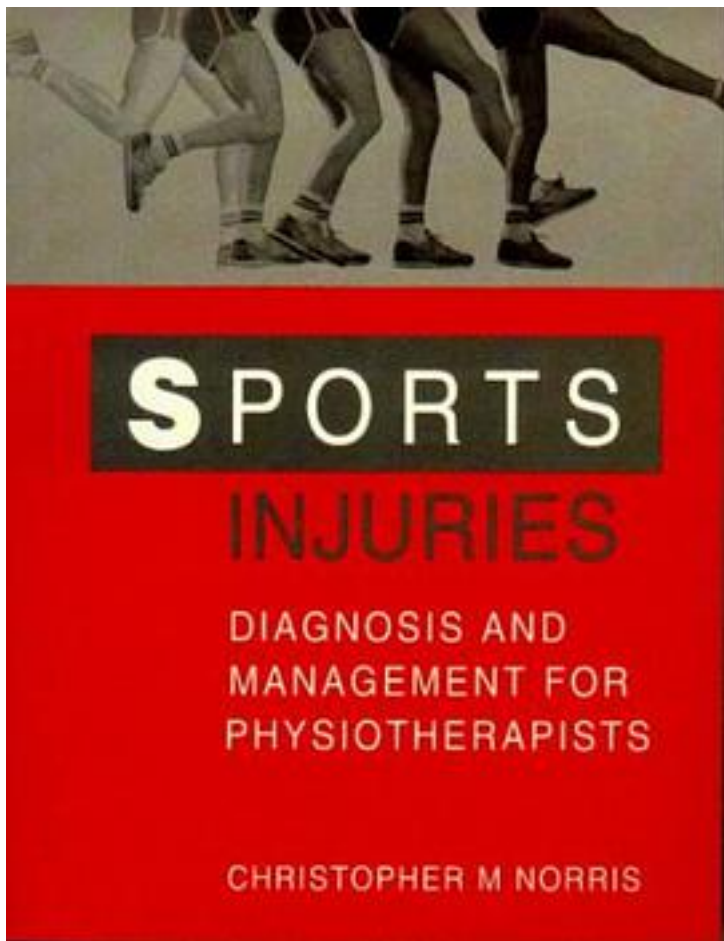


# Sports Injuries



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出版者:

出版时间:2009-3

装帧:

isbn:9780443068164

Sports Injuries provides an indispensable self-help guide to all the common injuries that occur. This book will help to quickly pinpoint the source of the injury, know which conditions you can treat yourself and when to visit an expert, stay fit and flexible during

recovery, and encourage your body to heal faster. Easy-to-follow illustrations help you to locate the area of pain quickly then guide you through a range of simple self-diagnostic tests and medical options. Once the problem and course of care are determined, unique fitness ladders tell you what you can do to stay mobile and how to avoid further injury.

Clear illustrations delineate the anatomical area, joint or muscle under consideration  
Highly templated format gives diagnosis, cause, treatment (self or medical) and training points for each injury  
Includes self-tests with diagrams to help pinpoint the specific injuries  
Provides training ladders for safe rehabilitation of injury

作者介绍:

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