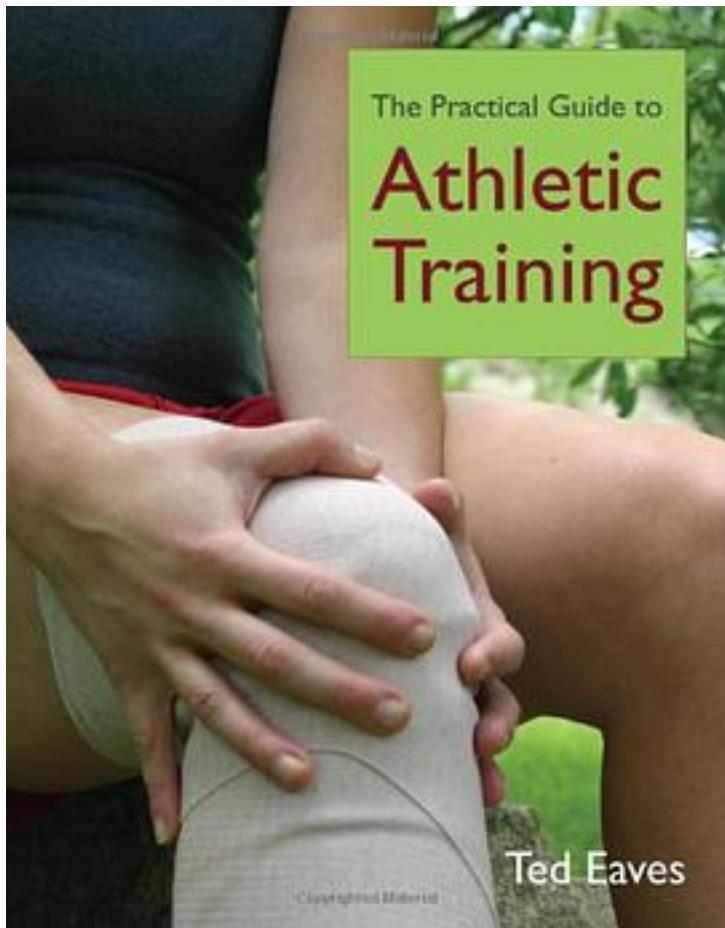


# The Practical Guide to Athletic Training



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This text is a practical introduction to athletic training, grounded in real-world, everyday sports settings and an ideal guide for giving trainers the knowledge they need to be successful in an athletic setting. Instead of overwhelming the reader with details on all injuries and illnesses, this guide details common injuries and outlines special

tests and rehab protocols that should be utilized to address those injuries. Readers will learn the various injuries an athlete may incur, the appropriate treatment and protocols to improve the athlete's ability to return to play safely, and the healing process associated with the specific injury. The text has an easy to follow format, concentrating on injuries for each major region of the lower body and then focusing on the upper body and its common injuries. The author also focuses on the profession of athletic training and provides key information essential to a trainer's success in the field. Students are given advice about how to enter the workforce as an athletic trainer and the administrative duties that they will need to master, including budgeting, insurance, and risk management strategies (documentation, liability, protective equipment, and environmental concerns). This text is perfect for students in athletic training or athletic trainers in the field.

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