



Sports Rehabilitation and Injury Prevention

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This text provides a comprehensive, practical, evidence-based guide to the field. It covers each stage of the rehabilitation process from initial assessment, diagnosis and treatment, to return to pre-injury fitness and injury prevention. Presenting a holistic approach, this text also addresses the nutritional and psychological aspects of the rehabilitation process for the amateur sports enthusiast as well as elite athletes.

Divided into five parts, Parts I, II and III cover screening and assessment, the pathophysiology of sports injuries and healing and the various stages of training during the rehabilitation process. Part IV covers effective clinical decision making, and Part V covers joint specific injuries and pathologies in the shoulder, elbow wrist and hand, groin and knee.

Key features:

- **Comprehensive.** Covers the complete process from diagnosis and treatment to rehabilitation and prevention of injuries.
- **Practical and relevant.** Explores numerous real world case studies and sample rehabilitation programmes to show how to apply the theory in practice.
- **Cutting Edge.** Presents the latest research findings in each area to provide an authoritative guide to the field.

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Why? Because this Sports Rehabilitation and Injury Prevention is an unordinary book that the inside of the guide waiting for you to snap this but latter it will shock you with the secret the item inside. Reading this book next to it was fantastic author who also write the book in such remarkable way makes the content interior easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this anymore or you going to regret it. This book will give you a lot of benefits than the other book include such as help improving your skill and your critical thinking approach. So , still want to hold up having that book? If I ended up you I will go to the publication store hurriedly.

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