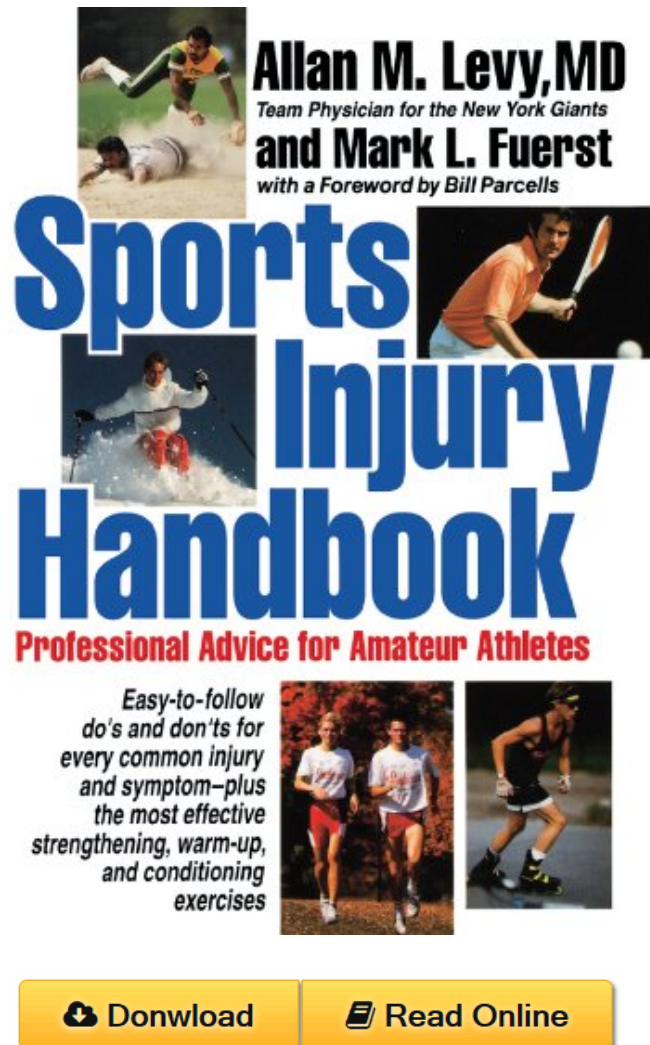


Sports Injury Handbook: Professional Advice for Amateur Athletes

Von *Allan M. Levy*

**Download PDF | ePub | DOC | audiobook | ebooks*



Produktinformation Verffentlicht am: 1993-06-01Erscheinungsdatum: 1993-06-01File Name: B00H2VEYIE | File size: 24.Mb

Von Allan M. Levy : Sports Injury Handbook: Professional Advice for Amateur Athletes before purchasing it in order to gage whether or not it would be worth my time, and all praised Sports Injury Handbook: Professional Advice for Amateur Athletes:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich.
EXCEPTIONAL MATERIAL ON FITNESS SPORTS INJURIESVon Ein KundeAlan Levy has done a fantastic job in putting together so much in one book. It has nearly everything an athlete requires to not only stay in shape but also treating all kinds of injuries from little niggles to those that need surgery. And its all been bonded together in a very organized and methodical manner.To begin with Dr. Levy emphasizes the importance of warming up and stretching before and after workouts and shows how to do this. Next, he explains about nutrition for athletes. After that he lays out the benefits of and what it really means to stay healthy. This is followed by First-Aid for sports.Starting with the fifth chapter he provides detailed information about what to know about the various parts of the body, their intricacies, and how they are used in sports and precisely what occurs with them when we feel pain or discomfort. For example,

chapter 10 is about the Thigh and Hip, Chapter 6 for the Shoulder, and so on. In addition, he suggests various ways of diagnosing injuries correctly and how best to treat them. Whether an economical ready-made arch support will work, or one must see a qualified physician for a particular problem, Dr. Levy seems one not to miss a trick. Then there is a chapter each on a specific sport and the most likely injuries to take place in every one of those and what all can be done to prevent them but if they do happen, then how to treat them. From Baseball to Running, Golf to Skiing, it has everything. At the end he also suggests what to look for in a Sports Specialist. Its only drawback is that understanding some of the material can be a daunting task as the lay person does not possess the expertise of Dr. Levy in Sports medicine. And last but not the least, my knee ailment got cured courtesy of following the treatment plan outlined in the Sports Injury Handbook.

Kurzbeschreibung Do you know Which exercises cause unnecessary wear and tear on your body? What to do during the first critical few seconds following a sports injury? When an off-the-rack arch support can be as effective as a \$200 custom-made orthotic device? How to keep in condition during rehabilitation? Dr. Allan Levy knows. As team doctor for the New York Giants football team, he has treated every kind of sports injury there is, from strains and sprains to more serious tears and fractures. In Sports Injury Handbook, he shares his vast practical knowledge of sports medicine with recreational athletes who want to keep in shape, while minimizing aches, pains, and injuries. For ease of use, the main part of the guide is organized by body part and sport. To find out why, for example, your knee is sore and how to treat it, simply turn to the knee chapter. Then learn how to avoid further risk of knee injuries in sports-specific chapters on aerobics, jogging, tennis, skiing, basketball, and many more. Peppered with firsthand stories and anecdotes from professional sports, the Sports Injury Handbook is an entertaining, informative guide to the latest methods of injury prevention and treatment. In it, you'll discover: The conditioning, nutrition, and strength training techniques professional athletes use to stay in top physical shape Easy, step-by-step rehabilitative exercises you can perform at home Special precautions for women, children, and older athletes How to prevent or treat the most common injuries in more than two dozen sports, including aerobics, baseball, basketball, bowling, boxing, cycling, football, golf, gymnastics, hockey, running, skiing, soccer, swimming, tennis, triathlon, volleyball, walking, and wrestling

Kurzbeschreibung Do you know Which exercises cause unnecessary wear and tear on your body? What to do during the first critical few seconds following a sports injury? When an off-the-rack arch support can be as effective as a \$200 custom-made orthotic device? How to keep in condition during rehabilitation? Dr. Allan Levy knows. As team doctor for the New York Giants football team, he has treated every kind of sports injury there is, from strains and sprains to more serious tears and fractures. In Sports Injury Handbook, he shares his vast practical knowledge of sports medicine with recreational athletes who want to keep in shape, while minimizing aches, pains, and injuries. For ease of use, the main part of the guide is organized by body part and sport. To find out why, for example, your knee is sore and how to treat it, simply turn to the knee chapter. Then learn how to avoid further risk of knee injuries in sports-specific chapters on aerobics, jogging, tennis, skiing, basketball, and many more. Peppered with firsthand stories and anecdotes from professional sports, the Sports Injury Handbook is an entertaining, informative guide to the latest methods of injury prevention and treatment. In it, you'll discover: The conditioning, nutrition, and strength training techniques professional athletes use to stay in top physical shape Easy, step-by-step rehabilitative exercises you can perform at home Special precautions for women, children, and older athletes How to prevent or treat the most common injuries in more than two dozen sports, including aerobics, baseball, basketball, bowling, boxing, cycling, football, golf, gymnastics, hockey, running, skiing, soccer, swimming, tennis, triathlon, volleyball, walking, and wrestling

Synopsis Do you know * Which exercises cause unnecessary wear and tear on your body? * What to do during the first critical few seconds following a sports injury? * When an off-the-rack arch support can be as effective as a USD200 custom-made orthotic device? * How to keep in condition during rehabilitation? Dr. Allan Levy knows. As team doctor for the New York Giants football team, he has treated every kind of sports injury there is, from strains and sprains to more serious tears and fractures. In Sports Injury Handbook, he shares his vast practical knowledge of sports medicine with recreational athletes who want to keep in shape, while minimizing aches, pains, and injuries. For ease of use, the main part of the guide is organized by body part and sport. To find out why, for example, your knee is sore and how to treat it, simply turn to the knee chapter. Then learn how to avoid further risk of knee injuries in sports-specific chapters on aerobics, jogging, tennis, skiing, basketball, and many more. Peppered with firsthand stories and anecdotes from professional sports, the Sports Injury Handbook is an entertaining, informative guide to the latest methods of injury prevention and treatment. In it, you'll discover: * The conditioning, nutrition, and strength training techniques professional athletes use to stay in top physical shape * Easy, step-by-step rehabilitative exercises you can perform at home * Special precautions for women, children, and older athletes * How to prevent or treat the most common injuries in more than two dozen sports, including aerobics, baseball, basketball, bowling, boxing, cycling, football, golf, gymnastics, hockey, running, skiing, soccer, swimming, tennis, triathlon, volleyball, walking, and wrestling

wrestling