

— Third Edition —

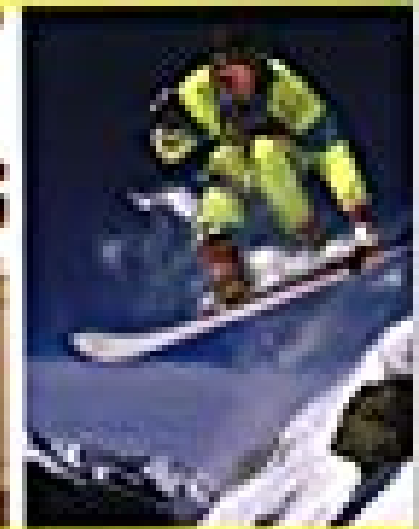
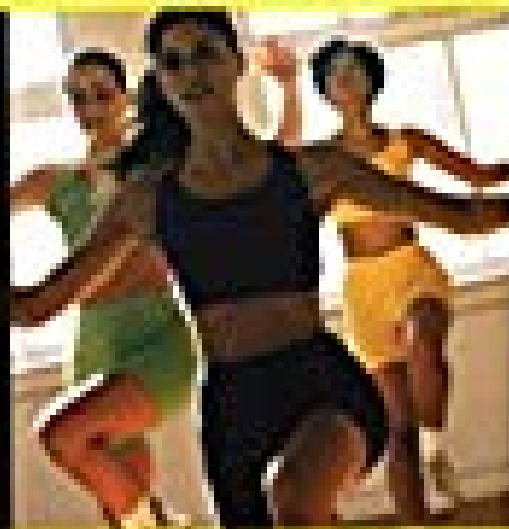
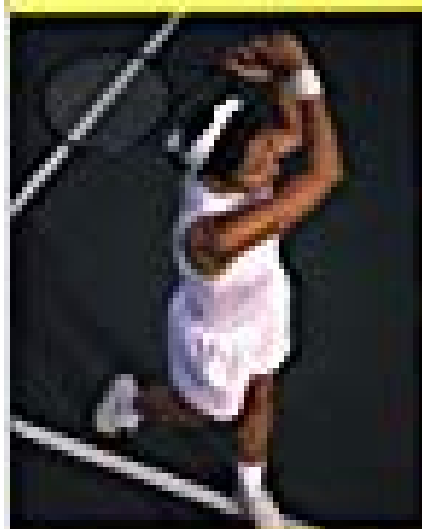
Almost 200 Common Athletic and Exercise Injuries

H. Winter Griffith, M.D.

Revised and Updated by David A. Friscia, M.D.

**Updated
and
Expanded**

Complete Guide to Sports Injuries



Symptoms, diagnosis, first aid, treatment of:

• Fractures • Bruises • Sprains • Strains • Dislocations • Trauma

Illustrated by Mark Pederson

H. Winter Griffith

The Complete Guide to Sports Injuries: Almost 200 Common Athletic and Exercise Injuries, Updated and Expanded



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A newly revised and updated edition of this authoritative guide-including almost 200 athletic and exercise accidental injuries, 75 of the common illnesses that frequently affect athletes, and an illustrated section on rehabilitation.



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Four Stars very cheap with basic information of the numerous injuries which can be seen amongst athletes. Five Stars Very good and useful! Still using this book We originally got this publication a long time ago when the kids were in team sports and "sporting" sprains and twists of most sorts. It is a fantastic reference reserve and allows presents great self-help advice. This is just a couple of list. Would like something more like a coffee table publication, with pictures. wrong book This book was like the medication book. They are developed now, but nonetheless ask to research stuff in this reserve. Don't like its format.



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