

MINIMIZE INJURY, MAXIMIZE PERFORMANCE

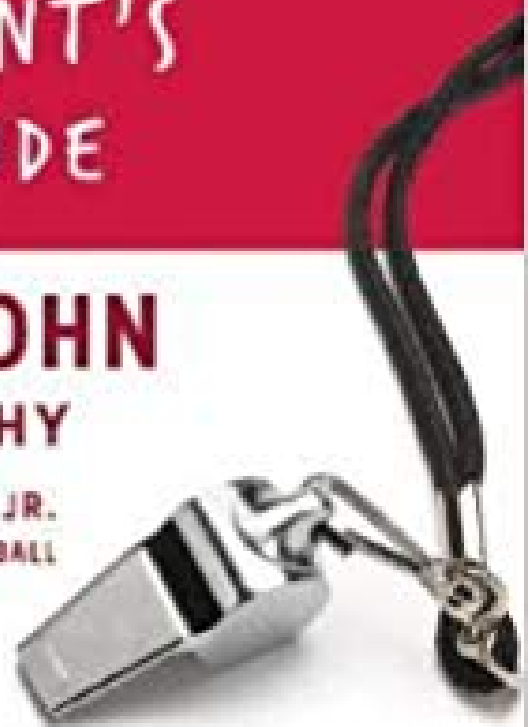
SPORTS ILLUSTRATED

A SPORTS PARENT'S
SURVIVAL GUIDE

DR. TOMMY JOHN

with MYATT MURPHY

FOREWORD BY TOMMY JOHN, JR.
FORMER PITCHER, MAJOR LEAGUE BASEBALL



Dr. Tommy John

Minimize Injury, Maximize Performance: A Sports Parent's Survival Guide



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Dr. Replenish. Rebuild. Tommy John's unique system: a diet, lifestyle, and movement plan (Rethink. Recover) for damage- and performance-proofing young athletes in every sport. Beginning as early as age 6 and continuing through the teenage years and on to their twenties, both male and female athletes are more vulnerable to serious injuries at younger ages than previously. Dr. Dr. Rebuild. Replenish. Minimize Injury, Maximize Efficiency focuses on prevention, and in addition offers tips about how to tailor the information for athletes coming back from a personal injury, with over 120 black and white photographs. Tommy John, son of lefty pitcher Tommy John and also a sports overall performance and healing specialist, offers an invaluable diet, way of life, and movement strategy (Rethink. John's reserve outlines the three best causes behind this "damage epidemic": The American way of living, the business of youth sports activities (from coaches to corporations), and the decisions we believe as parents are really benefiting our kids. Dr. John explores the sudden rise of Tommy John surgeries being performed on young athletes today, along with the many injuries--and the surgeries necessary to fix them--increasing at an alarming rate in baseball and all youth sports. Recover) for injury- and performance-proofing young sportsmen in every sport.



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I have been dealing with this system for the last 5 years with great success personally and among my peers. Finally managed to get to print! I have already been working with this technique for the last 5 years with great success individually and among my peers. I am very excited to view it in a form I can right now lend out or encourage folks to get.. Emotional health... I specifically loved the quality recipes and recovery methods as I was unfamiliar with many of them. Personally it offers helped me recover from two hip replacements (due to issues that predated my exposure to this program), to the stage where I could hike mountains all day long without muscle exhaustion or soreness - just by carrying out 5 minute lunges or squats. I would recommend this book and program to anyone looking to get functionally strong and content about their physical health and options for future years. and felt like We was able to perform with an increase of confidence because ... By following TJ's advice, I have become much more fit plus much more proficient in the incredible power of the body to correct itself from injury and prepare itself for optimal performance. THIS BOOK ISN'T JUST FOR PARENTS, It is AN INSPIRATIONAL AND EDUCATIONAL Go through FOR ANYONE Age groups 10-110! Can't wait to take in all of those other book and put into action the strategies with my son. By pursuing Dr. Tommy John's advice, I could play Division 1 tennis at my highest level. Tommy John includes a passion for youth (actually everyone) and it begins in the home! Strength..Tom Fawcett Now, I understand Why My Mom Would Ask Me to Sit Up Straight at the DINING ROOM TABLE As a current baseball coach for athletes of varied ages, I am constantly looking for solutions to keep our athletes healthy to allow them to perform their finest on the field. Read this publication and adapt your lifestyle accordingly, not only got the athletic long term of your kids but for the overall health of your loved ones. I thought this publication might be the wrong choice after the first 10 pages because I do not have kids, but boy was I wrong. In his book, Dr. It's BODY MOVEMENT. Balance. It's all a Way of life.! The book offers a reinforcement of what I have learned and provides me extreme detail on what I want to learn. I really appreciate Dr. Tommy for understanding the goals these athletes have set forth, and providing not merely them, but myself as a coach, a great tool to hold to for the others of our lives. Many thanks Tommy!! The right path to follow!!! I can't put this book straight down. This is actually the most informative, honest and real book on how best to guide your children though childhood sports. Necessary reading . John and will be applying this information with my own three kids. Amazingly Informative!! and I think he has an amazing mindset and perspective on things which is beneficial to .. I received this book some time ago but from just diving involved with it a little I could already tell it really is a winner! Tommy John on other platforms, I know his design of delivery (purely informative coupled with thinking beyond conventional methods sprinkled with dosages of humor), and I believe he has an amazing mindset and perspective on things which is beneficial to kids and adults alike. From following Dr. Extremely comprehensive while also organized within an easy-to-consume manner, it creates taking in an abundance of knowledge totally non-overwhelming.Pete FawcettThis is crucial read! Thanks a lot TJ for creating a motion around a topic that's so important yet so neglected these days! The changes I've observed in our bodies has been amazing. Inside our sports-crazed world it is wonderful to ... My family and I have already been working with Dr. John for nearly a year right now. The changes I've observed in our bodies has been amazing. In our sports-crazed world it is amazing to find someone that sees your body as a whole system and approach fitness as a life-style, not a means to a finish. Good stuff! It's Feeding on RIGHT. Not only has Tommy John's tips helped me with tennis, but in life as a whole. But for those of us who are no longer children (chronologically), this program applied

to hurt adults that I know has allowed bodies to heal separated shoulders, torn UCL, debilitating lumbar spine pain, herniated cervical disk distress, horrific undiagnosable recurrent head aches. Inside out.. Tommy John was an excellent trainer with very unique ideas on power and overall health. keep up the good fight, sir Dr. And many thanks!! This reserve reminds us that it is ok to go outside and play some catch , Never stop moving ! Tommy John continues to surprise me with his understanding and expertise in the area of sports overall performance for both children and adults. the list goes on. As a person who is always researching for the best training strategies, I can tell you that after just a few days of schooling under his approach, I already feel different. John Great idea. I reduced enough time I was wounded, and felt like I was able to perform with an increase of confidence because of my level of fitness. It wasn't but still isn't challenging stuff. Highly recommend it. There is also a chapter in the publication on "replenish" which will really get you considering and making changes. The only negative: I wish this publication had been released 15 years earlier in order that I could have secured my kiddo from damage of overuse and what's incorrect in youth sports today! Bravo Dr. Tommy John, continue the good fight, sir! Yup! Essential read! After face-timing with Dr. Nutrition. Even more thoughtful books is I've read to raising and training children forever during and after athletics. Common sense supported by science. Buy this book A great primer for parents of young athletes of all ages in how to get their children healthy, keep them healthy and steer clear of needless surgeries. Tommy John provides us the information to prevent injury (regardless of the sport). As a former 9 year professional baseball player and athlete who performed multiple sports activities growing up (without lessons and no all year round individual sport focus) I can attest to the information shown by Dr.. The message for youth sports activities is quite apparent, and the holistic strategy here is a menu for effectively navigating that conditions that cause so much disruption to whole lives, not to mention immediate success in sports activities. Thank you TJ!.. Every parent must read this before it is too late ... Ft to head. The message is amazing, the book is well written As a mother or father with a child nearly old enough for organized youth sports activities this reserve is a breathe of oxygen . THIS BOOK IS GROUND BREAKING! Initially i thought this was going to be just a baseball book. This book is a resource for everyone. This man may be the authority on mal-use injuries. But after obtaining through it, it provides so much even more for each human athlete—youthful, old, male, feminine. His holistic approach is impressive and comprehensive. This book is a must for parents with kids even if they don't take part in sports. In fact anyone will have 'take aways' after reading this book and then continue to use it as a regular resource. Many thanks Tommy for bringing understanding and practical wisdom and equipment to this expansive topic. Everyone, irrespective of age, needs this book. The message is amazing , the book is well written , funny in places , but overall the wonder is in the simplicity . I ordered this publication because I had noticed that Dr.Many thanks Dr. Dr John actually keeps it simple which seems like what we are in need of more of these days in youth sports and on life. Tommy John almost a year ago to the day, I had confidence in the strategy I was going to take with this athletes predicated on his study and results. Predicated on scientific research, the book is certainly a straightfoward, easy-to-understand manual that provides a program to put people in the best possible position possible to succeed in whatever they would like to do -- whether which includes becoming an elite athlete or just becoming more active in daily activities. It does not matter if you have kids, want children, or hate children, this book will change your prospective on wellness; specifically on dieting, training, and living in this ever changing technology obsessed world.



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