

Sick

Surfers

ASK THE
SURF DOCS
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Sick Surfers Ask the Surf Docs



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Both simple to use and fun to read, this guide explores surfing-related health problems involving ears, eyes, knees, backs, and shoulders.



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Really Well Done Actually well done..A more recent edition is needed as some of the info is approaching 20 yrs old. An update will include updates to case studies along with advances in surgery, medicines, and so on. This book is fantastic!This book is full of ailments that pertain only to surfers that few other doctors would know about.. I would suggest this to many any traveling surfer. Life saver! Good, however, not great. When I was touring in Central America I created a weird bump in my chest, ideal under my sternum. I did a quick make an online search and found nothing, i quickly emailed my friend back and informed her to read this book and discover if anything came up ... sure enough, they covered my exact ailment . An excellent supplement to a simple understanding of medical, conditionings, wellness, fitness, and so on as those topics relate to surfing specifically.. It also explains why some issues happen, how you can prevent problems (if they are indeed preventable) and how to approach real emergencies. they cover most everything. For the tiny price, it's value having as a reference.. Actually kind of fun. A bit old but still good It might probably use an update because it was last updated in 1993. CPR, for example, has been changed many instances by the American Center Association and the Red Cross, but since the book is not updated the information is outdated (though still useful so far as technique).It can cover the majority of things surfers may encounter both in and out from the water, from accidental injuries to sex.Good reading for anyone who surfs. I just want they added some first aid tactics at length. But since it is so comprehensive, it is a bit too big/heavy/heavy to lug around on a trip when you will need it most, therefore maybe go through up a bit and leave it with a friend who you can get in touch with. well crafted and fast-paced.For sure get this reserve! an inflamed xyphoid procedure! It also is a very interesting read .



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