

FOREWORDS BY  
OLYMPIANS HOLLY MCPHEAK & SIMJIN SMITH

# **DON'T WORRY:** **MY MOM IS THE TEAM DOCTOR**

THE COMPLETE GUIDE TO YOUTH SPORTS INJURY AND  
PREVENTION FOR PARENTS, PLAYERS, AND COACHES



**CAROL FREY, MD, AND JACOB FEDER**

*Carol Frey MD and*

**Don't Worry My Mom is the Team Doctor: The Complete  
Guide to Youth Sports Injury and Prevention for  
Parents, Players, and Coaches**



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Millions of children play organized sports. Frey covers these specific topics and more: -Doctor-recommended solutions to treat and prevent specific injuries (on the sidelines and at home) -Best ways to come back both physically and psychologically from a sports injury -Risks and great things about playing certain sports -Why kids' injuries are different -What parents absolutely must know about concussion -The perilous issue when parents go wild -Vital differences between male and female sports athletes Don't Be concerned My Mom is the Team Doctor is a thorough, easy-to-understand information that will assist young athletes stay competitive, become healthy, and avoid damage. Dr. The good news is that more than half of sports injuries can be prevented. Carol Frey, orthopedic surgeon and former college athlete, gives this definitive guideline filled with practical information about the most common sports injuries in children from head to toe. While explaining complex medical issues in clear terms and providing specifics and case research for readers who find themselves in the er, Dr. As competition raises, the pressure on youthful athletes intensifies, often resulting in sports injuries.



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Great Book for any Young Athlete or Mother or father involved with Youth Athletics This is the perfect book for just about any young athlete or parent to a Athlete! Dr. Frey, an orthopedic surgeon and mother of active boys, includes a very unique perspective on sports activities participation and perfectly combines sound medical details with her candid views in a manner that resonates with worried parents and young sportsmen. being a mother or father on the sidelines; strength and conditioning programs; As a parent who has multiple kids involved in competitive athletics, this book was immensely helpful in teaching me personally the risks and preventative measures to keep my children safe and healthy. It also spends time discussing essential issues such as wild parent involvement and other problems from off of the field that you might overlook! I have heard scary tales and my search for information online did only make me more fearful.. Thanks a lot Dr. Frey!

FANTASTIC GUIDE TO ASSIST YOU AND YOUR KID UNDERSTAND SPORTS INJURIES Truly a great guidebook for kids' sports injuries! Injured kids need this type of insight and info to greatly help them understand their sports injuries so the injury will not define them but is a part of the game.! Takes you through the intensity and dangers of youth sports and helps you to deal with your kids' injury while they are seated on the bench. Great reading, easy to get at information. I've not seen a reserve that goes into this kind of depth and helps everyone- players, instructors and parents. Jacob's case studies of fellow injured sportsmen are first-hands accounts from the youngsters themselves.! The reserve helps your kid avoid unnecessary risks, teach properly, identify discomfort and play without fear because they have an understanding of what can occur and how exactly to address the issue. For each parent whose children play team sports activities. This reserve has great insight that has left me sense a lot more calm and more comfortable with the risks associated with high school athletics due to my fresh insight on precautionary measures.. symptoms, medical diagnosis and treatment of common accidents; I love the conversational style of the book, in fact it is written in language that anyone can understand -- very engaging and easy to read. Frey does a great job addressing problems about injuries that are highly relevant to all young athletes. I was amazed at the thoroughness of the book. Dr. Frey touches on a little bit of everything: risks of specific sports; A must-have for parents, coaches and student-athletes As a Sports Medicine physician and group doctor myself, I was delighted to locate a book that I can confidently recommend to my athletes and their parents and coaches. Her guest commentary is definitely both engaging and amusing. Her commentary and expert opinions are both relevant and comprehensible for the normal person. and many other topics. Through the entire book she's included a broad range of very practical ideas and pearls for coaches, parents and athletes, from coping with a cast to piecing together a sideline first-aid kit. She even explains stuff that doctors like myself frequently

take for granted, such as the differences among several medical imaging studies. The book isn't just for boys who play sports: there can be an entire chapter dedicated to the unique issues of female athletes. Dr. Obtain your highlighters and bookmarks ready -- you will want to make reference to this book over and over! great resource ! This is an excellent resource. A must read Great book every child or parent who's kid takes on sports should read this book what a good plan loved it A SUPERB guide to youth sports-medicine This book is a must-read for just about any parent or kid involved in youth sports! I recommend it.. A fabulous handbook for preventing accidents in our growing athletes ! This is actually the type of book you will want to keep handy when you need it. What I found great about this book is that it is written for parents, coaches and specifically the athlete, therefore everyone can reap the benefits of this amazing resource... Don't Get worried: My Mom may be the Team Doctor offers you an in-depth look at the risks associated with modern sports activities participation, and also ways to avoid injury, teach properly, and how exactly to identify discomfort or what to do in case of injury.I purchased this book because We was particularly worried about my son's curiosity in being a defensive lineman for the high school football team.The book is filled with useful information to greatly help kids better understand their own injuries and overcome the fear of time for play giving both expert medical opinions AND first-hands accounts of situations that arise for most players. The chapters are thorough yet readable for kids, parents, instructors or anyone else who's concerned for the health and well becoming of players.Overall, I would highly recommend this reserve and I anticipate using it simply because a reference guide for a long time to come.



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