



Damage to the knee
is among the most
common sports injuries

EVERYDAY SPORTS INJURIES

THE ESSENTIAL STEP-BY-STEP GUIDE TO
PREVENTION, DIAGNOSIS, AND TREATMENT

DK

Everyday Sports Injuries: The Essential Step-by-Step Guide to Prevention, Diagnosis, and Treatment



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More people than previously are regularly getting involved in recreational sports, often gaining enormous health benefits from their chosen activity. Featuring more than 150 step-by- step exercise sessions for recovery after damage, improving strength and functionality, and reducing risk of injury, Everyday Sports Injuries is a practical guide to recognizing, dealing with, and preventing injury, with the purpose of getting back action as soon as possible. But sports also carry the chance of injury, and each year there are millions of sports injuries in the US alone.



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Super easy to use, specific, well-diagrammed Bought my own duplicate after borrowing from library. Five Stars Informative book for 1st aide. Used most recently to spotlight IT band irritation. Parents of active children are likely to appreciate this instruction for addressing common sports activities injuries as well. An excellent tool for the energetic person This is a very useful tool for active people. I would suggest this book for anyone who is interested in maintaining good body condition and caring for simple activity-related accidental injuries while identifying more significant injuries that require professional attention. Ideas for exercise and therapeutic activities have become helpful. Illustrations are very clear and help out with identifying types and regions of common injuries. I like this book and use it daily as helpful information to stretches and strength training for problem areas. I also appreciate the degrees of concern organized in a matrix - good way to self-appraise the aches and pains and manage anticipations of how a long time before it will quit hurting or at what stage I should go start to see the doctor (and all the in-between levels, as well). Great diagrams, instructions and well-organized.



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