

# Fit to Fish

## How to Tackle Angling Injuries



- Shoulder Impingement Syndrome
- Tennis Elbow
- Wrist Tendonitis & Carpal Tunnel Syndrome
- Low-Back Pain
- Knee & Ankle Pain/Instability



**Stephen L. Hisey, P.T.**  
**Keith R. Berend, M.D.**

*Stephen L. Hisey, Keith R. Berend*

## **Fit to Fish: How to Tackle Angling Injuries**



[continue reading](#)

Do you end up with a sore shoulder after casting all day long? Are you tired of that nagging wrist discomfort? If you find yourself struggling for your sport, this publication is your solution. Suit to Fish is a ground-breaking publication, co-authored by way of a practicing orthopedic doctor and a physical therapist who are avid fishermen with over 25 years of combined orthopedic encounter. Detailed exercise applications are presented at the end of each chapter to greatly help speed recovery from damage, or maximize angling and casting overall performance for the healthy angler. This specific clinical and scientific info is destined to make your fishing experience less painful, more fun, and more satisfying. With easy-to-understand text message and helpful photos and illustrations, Hisey and Berend discuss common fishing-related overuse injuries, like the anatomy, symptoms, and common factors behind each. Also included is normally treatment information that details timely self-care advice, angling and casting modifications, bracing suggestions, equipment adjustments, and appropriate exercises.



[continue reading](#)

Berend, Fit To Seafood: HOW EXACTLY TO Tackle Angling Accidents uses photos, illustrations, and written description to go over common fishing-related overuse injuries. Symptoms, causes, and remedies for each are discussed along with equipment and methodology modifications for both optimum angling and optimum health. The collaborative and expert work of physical therapy Stephen L Hisey and Medical doctor Keith R. An ideal gift for just about any fisherman Does casting offer you shoulder problems, or are your wrists experiencing fishing? While fishing is ordinarily regarded as a relatively passive sport, it exerts needs on the body which can result in injury - and which need preventative exercises to resist. The perfect gift for any fisherman.



[continue reading](#)

download free Fit to Fish: How to Tackle Angling Injuries txt

download Fit to Fish: How to Tackle Angling Injuries epub

[download free The Next Fifty Years: A Guide for Women at Midlife and Beyond txt](#)

[download free When Roles Reverse: A Guide to Parenting Your Parents e-book](#)

[download free Getting Older Better: The Best Advice Ever on Money, Health, Creativity, Sex, Work, Retirement, and More fb2](#)