



WHY THAT'S GOTTA HURT

**THE INJURIES THAT
CHANGED SPORTS FOREVER**

DR. DAVID GEIER

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That's Gotta Hurt: The Injuries That Changed Sports Forever



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That's Gotta Harm is a fascinating and important reserve for all athletes, instructors, and sports fans. Accidental injuries among professional and college athletes have pressured orthopaedic surgeons and other healthcare providers to build up new surgeries, remedies, rehabilitation techniques, and prevention strategies. Geier explains how sports activities medicine makes sports safer for the pros, amateurs, student-sportsmen, and weekend warriors as well. Parents now openly issue the safety of the sports because of their children to check out ways to prevent the accidents they find among the professionals. The influence that sports medicine has already established in effecting those adjustments and improving both performance and the fitness of the athletes has been remarkable. Through the tales of twelve athletes whose injuries and recovery advanced the field (including Joan Benoit, JORDAN, Brandi Chastain, and Tommy John), Dr. In response to these injuries, sports themselves have radically changed their rules, mandated new equipment, and adopted new methods to safeguard their players. In That's Gotta Harm, the orthopaedist David Geier shows how sports medicine has had a greater impact on the sports we watch and play than any technique or concept in coaching or teaching.



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Casual sports followers will love learning about the common sports accidents within the context of some of the most well-known sportsmen such as JORDAN, Tommy John, Bernard King etc. This book will satisfy a very wide target audience. This book will satisfy an extremely wide audience. Very educational and interesting read. utilizing the book to state his own views on accidental injuries and the potential hazards of playing sports. I also appreciated what sort of Dr. Rather, he presents his readers with the KNOWLEDGE needed to make informed decisions because of their athletes. For younger sports medicine professionals - those who may not be acquainted with Joan Benoit, Hank Gathers, Tommy John, Bernard King, etc. - this book offers you a brief history of your occupation, and will demonstrate just how many of the remedies that we neglect today, were once considered medical breakthroughs/milestones. What I enjoyed most concerning this book is the method Dr. Geier explains medical procedures and uses medical terminology in a manner that laypeople will understand. Also sports medicine specialists (physical therapists, sports medicine doctors, athletic trainers, etc. Geier focused on EDUCATING his visitors vs. Parents and coaches wanting to learn even more about the normal injuries in various sports will learn of strategies to potentially decrease the risk of accidents in addition to studying the challenges of dealing with these injuries.) will see this book very informative. Great read! This book is written for everyone. It is full of human interest stories that center around sports injuries, but even though you don't follow sports, you'll enjoy the reserve. I would recommend it.



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