

AND MORE!

JONATHAN GELBER, M.D., M.S.

## Jonathan Gelber M.D. M.S.

The Ultimate Guide to Preventing and Treating MMA
Injuries: Featuring advice from UFC Hall of Famers
Randy Couture, Ken Shamrock, Bas Rutten, Pat Miletich,
Dan Severn and more!



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Essential advice for fans and fightersMMA is among the world' Jonathan Gelber translates complicated medical topics right into a guide full of practical, easy-to-follow information, complete with step-by-step photos and diagrams. From joint accidents to preventing an infection, from muscle strains to the popular topic of head accidental injuries and concussions, Dr. Dr.s fastest-growing sports. THE BEST Instruction to Preventing and Treating MMA Injuries offers professional and amateur fighters and supporters alike the sound expert advice they need to prevent and deal with injuries, look for a great training camp and partners, train smarter? not harder? and choose the right gear. Gelber outlines all of the need-to-know details.s top sportsmen and elite trainers, The Ultimate Guidebook to Preventing and Treating MMA Accidents is a must-possess for anyone seriously interested in today'Featuring advice from more than 40 UFC Hall of Famers and champions, in addition to a lot of MMA's fight game.



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. It isn't compressensive or insightful. Came back. prevention information with a great deal of comprehensive photos that teaches proper mobility and strategies to avoid and prevent injuries." This is the sort of fairly common circumstance that I was hoping this reserve would address. I became aware of Supple Leopard after viewing Tristar's Firas Zahabi's podcast, and it is 475 web pages of VERY IN DEPTH instruction & Edit: In case you are experiencing a MMA injury or want to prevent injury, I would recommend you Buy "Learning to be a Supple Leopard" by Dr. Supple Leopard is Kilometers before this book. This is a classic great read if you are thinking about Preventing and Treating . The book can be described as having three parts. One, Stories from several pro fighters describing their injuries schooling or in the cage. Simply them describing their damage with a small, vague chart (for instance) 1. The stories from the fighters about their injuries was basically fluff and was not informative. Two, Medical textbook illustrations and descriptions of various areas of the body and Three, recommended exercises with pictures to avoid specific injuries. Stretch. 2. Ice., etc. Nothing about their stories provided me any clues of how exactly to actually prevent injuries other then your obvious (make certain mats are dried out, twist your supporting feet when throwing a kick). The medical illustrations provided were standard info of anatomy that anyone will get on the web with the assistance of "It's helpful to find out about the parts of the body". Extra questions like: - 'Does being flat footed increase your chances of injury? It can benefit you extend your job or just keep you on the mat and that is what all fighters want. As a physical therapist and blended martial artist, I come across myself constantly coping with and treating a variety of injuries with small resources of knowledge out there. As a sports activities massage therapist and potential acupuncturist I am constantly seeing patients can be found in with questions about how their training can lead to injuries. I was expecting scanning this book to end up like going to a physical therapist, where after reading I'd feel just like I had a better grasp of how to prevent and treat specific accidents, but that had not been the case. There are so many questions that I have regarding this subject material that were hardly ever addressed. I've asked Jon Fitch particularly about ACL accidental injuries, he says Squats and strong legs are the answer. Another AKA fighter I've spoken with says, "Strengthen those calves to prevent ACL injuries". A must browse for all MMA participants and fans Fabulous book! Yoga, Temperature vs Ice therapy, Cryotherapy, using braces, massage, and even leading edge stem cell therapies, and tell me those were better then your others. And the last & most disappointing was the prevention exercises. I would not advocate this publication to a pal, family or training partner. Most of the harmed ACL fighters I've talked with have the same story. "I was sparring. I sensed great, then Boom, I strike the ground. Kelly Starrett. Just an throughout vague and poorly written book. The info

isn't worth the \$20 and you may get better and more clear, specific and thorough info and avoidance exercises from a Youtube video.'-'What exercises in order to avoid because they're actually harming and causing you to more likely have an ACL injury'And the most important question after speaking with teammates and others which have had ACL injuries, Why do many ACL tears emerge from zero where with zero warning? Very useful for my training/profession I joined the Muay Thai plan at Renzo Gracie a year ago and love everything I'm discovering on the subject of martial arts! This book is extremely valuable and readable and make reference to when problems arise during training. Many of the recommend workout were the obvious, such as for example Leg Extensions. That is an excellent publication to share with them! I specifically love the section on knee damage prevention exercises! Extremely valuable This book is crucial read for anybody who trains mma, cardio kickboxes or just a UFC enthusiast. Dr. He has a knack for imparting facts in a readable format. The book is a fun, easy read and will be referred back to at any time when new issues arise. But the 3 or 4 exercises (for ACL specifically) that contains two grainy dark and white pics for every specific exercise with actually a four word name without description of how exactly to perform the exercises properly or any suggestions is unacceptable. That is truly a great read in case you are thinking about Preventing and Treating accidents.Original Review: I had high hopes because of this book, but didn't find very much of the information in the book useful..Disappointed with having less infomation in this book. I purchased this publication about 3 weeks ago and plan on sharing it with several friends that teach for MMA. This book has numerous sections to cover all areas of the body with interviews from the pioneers of the sport and stars of today with photos of an at that time relatively unidentified Stipe Miocic, who lately became the UFC heavyweight champion. MMA fighters are a number of the toughest people in the world but when your injured it could delay your training. Every MMA fighter should go through this because they'll all get some type of damage throughout their profession. If this particular section was outstanding, I would have gladly overlooked the other insufficient material. I was wishing this publication would address all the various more extensive methods of prevention such as strength/weight schooling, stretching & Great info! The author managed to get very enjoyable and cherished reading it. Gelber provides put together a fantastic book of understanding and resources for all who kick package.



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