



# Injury Prevention and Rehabilitation in Sport

Ross Bennett

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s own personal experience working in the field of strength and conditioning at elite level to explain why certain modalities should or shouldn't be prescribed by strength and conditioning coaches. Other topics covered include how to successfully manage recovery and prevent overtraining; Injury Avoidance and Rehabilitation in Sport examines the key factors in play in the decrease and prevention of problems for athletes at all degrees of sport. You can find full-color sequenced photographs showing the right techniques for a multitude of essential strength exercises. The book combines the most recent scientific analysis with a critical review of current literature and the author's techniques for range of movement and corrective workout; the most effective options for shoulder and trunk stability; the various methods employed when working with female or maturing sports athletes; the idea and practice of proprioception and plyometrics and how they can improve performance; and lastly, the physiological impact of factors such as for example sleep patterns, travel, weather, and illness on performance. The reserve concludes with a series of case research that illustrate how exactly to put theory into practice.



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