

Soccer Injury Prevention AND Treatment



*A Guide to Optimal Performance
for Players, Parents, and Coaches*



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Soccer Injury Prevention and Treatment: A Guide to Optimal Performance for Players, Parents, and Coaches



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You'll learn: Methods to prevent the most typical soccer injuries, including ACL tears, fractures, ankle sprains, calf strains, shin splints, and overuse accidents To identify the signs or symptoms of injury and when to seek treatment Common setbacks for kids and youth How exactly to reduce pain and stop nagging injuries from becoming chronic problems Return-to-enjoy protocols for concussion and indicators for serious brain injury Exercises to build stamina, versatility, and power while protecting your body from damage The LESS program, a targeted lower-body strengthening intend to prevent injury "Written by the medical coordinator for Major League Soccer, a nationally acknowledged physical therapist who treats athletes of all ages and abilities, Soccer Injury Prevention and Treatment is certainly a comprehensive, illustrated information to the best training, strengthening, stretching, nutrition, and hydration regimens to keep sportsmen - both professional and recreational - secure and on the field.



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Good in Parts, Alright in Others This book is good since it includes a soccer focus and provides a lot of soccer-specific detail generally in most parts.. There some items that are most likely above the layman level and might not be described well. This book provides helped our players understand their muscles better and has provided us, as parents, an improved understanding of what's acceptable and unacceptable discomfort and what to do about any of it. This book ought to be read by all soccer instructors at every age and level, John and his team at JAG have kept our players healthy for a long time and this book is a continuation of his great function for the athletic community. You may think that prevention and treatment may be difficult or confusing, however the book gives great pictures and diagrams so that this process is simple and simple to follow.. It's only OK in that it reads like and is not that much different than an athletic schooling textbook. We have an extended and outstanding soccer background. The majority of it was stuff that I already knew, but it was nice to be able to give her the book to read in order that she understood that her mom and I were saying was true. helpful!The medical terms certainly are a bit over my head and I did involve some trouble understanding a few of what he's referencing at times throughout the book.! well written, John really has learned his stuff. Extremely interesting & Mysteriously her brother contracted all sorts of "accidental injuries" because he noticed how much interest she was getting and so I used the reserve to shut his whining and complaining straight down. Hott Overview of Soccer Injury Prevention and Treatment:That is obviously not really a reading book so, in some methods it's a bit difficult to review but overall this is a very helpful book. :) Five Stars awesome Five Stars A+ Wish i Knew after that what I understand now!However, that is something to keep on the shelf because as the mom of a soccer player and the wife of a coach I'm constantly on the sidelines watching and ensuring many people are playing at their potential. You may need some prior experience with or trained in care and prevention of athletic injuries to fully use this book.More...Writer: John Gallucci, Jr., MS, ATC, PT, DPTSource: Demos Medical Publishing via NetgalleyGrade: B Must-Required Guide for All Soccer Professionals John Gallucci Jr.'s Soccer Injury Prevention and Treatment is crucial read for coaches, players, and parents. The book serves as an excellent guide for not merely learning of the accidents soccer players may encounter, but also great techniques on how best to prevent and treat them. nonetheless it was nice in order to give her the book to . The publication is certainly a must-required manual for all of those in the soccer industry. Must read for almost all soccer coaches I am the Advertisement at St. Benedict's Prep in Newark. I bought this book because my girl got injured while taking part in soccer this year. It would be good for soccer coaches at any level though.



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