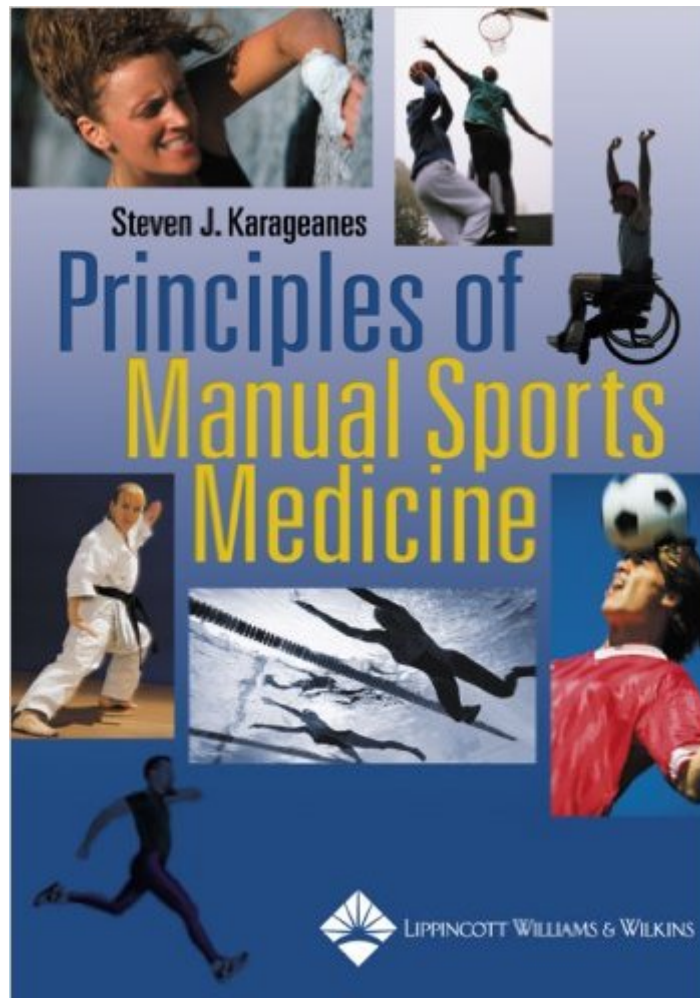


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# Principles Of Manual Sports Medicine



## Synopsis

This thoroughly illustrated handbook is the first complete how-to guide to the use of manual medicine techniques for sports injuries. For each region of the body, the book describes anatomy, physiology, physical examination, and common sports injuries, and details the various manual medicine techniques, with step-by-step instructions for treating specific injuries. More than 400 illustrations demonstrate how to apply these techniques. Separate chapters focus on injuries in fourteen specific sports and in specific athletic populations—the differently abled, children, women, the elderly, and pregnant athletes.

## Book Information

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## Customer Reviews

I found the "Principles of Manual Sports Medicine" a very useful and handy book. As a martial artist I was taught that one should understand both side of how to work with the body. If you break it you should also know how to fix it. Now to practice much of the methods in this book you really need to be a medical professional, you don't really want to be practicing medicine in this country with out the proper education, etc. Saying all that, if you want to "understand" the principle of manual manipulation of the human body, this is a great book. Even as a layperson it is pretty easy to understand the methods explained in this book. In conclusion I believe this book a rare find. To find a medical book that is as useful and as easy to understand as this book is. This is why I have given this book 5 stars. As a martial artist I believe this is a must have if you want to understand both sides of a real martial arts practice. If you are in student of manual manipulation or medical student

or doctor you'll find the ease and layout of the methods of this book very helpful. I hope you find this review helpful. I found this book VERY useful, and it covers every aspect of manual sports medicine manipulation and their principles formatted in an easy and accessible way.

This text is a valuable collection of expert applications of manual medicine in the field of Sports Medicine. One of a kind textbook that will not go out of date. A valuable learning tool for improving the armamentarium the specialist can use in practice.

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