



Anatomy of Sports Injuries: for fitness and rehabilitation

Leigh Brandon

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Anatomy of Sports Injuries: How to be your own physical therapist offers a fascinating view inside the human body to help you understand the causes of the most common injuries that athletes and sports men and women will encounter, and the best ways to remedy them. With a comprehensive and up-to-date approach to injury rehabilitation, this book shows you how to find the cause of injuries, and not just treat the bit that hurts, aiding in the prevention of future injuries also. As with previous books in our anatomy series, this book will help you to achieve better health through a better understanding of how your body works. Around 80 full color anatomical illustrations introduce a variety of strength training exercises designed with common sports injuries in mind, showing the impact on the body of the exercises, including the muscles used and how they function together. The accompanying text helps the reader to replicate the exercises, describing the anatomical impact and explaining the benefits in the context of fitness in general, and in rehabilitating common injuries in particular.



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