



Sports Injury Prevention and Rehabilitation Integrating Medicine and Science for Performance Solutions

By -

Routledge. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 0.0in. x 0.0in. x 0.0in. Elite sport organisations should deliver integrated care and preparation of the athlete or sportsperson, combining best practice in sports medicine and physical therapy with training and conditioning techniques based on cutting edge sport science. In this ground-breaking new book, leading sports injury and rehabilitation professionals and sport scientists show how this integrated model should work in practice across the full spectrum of athlete care, including the prevention of sports injury, assessment and treatment of injury, and the design and implementation of effective rehabilitation programmes. The book introduces evidence-based best practice in all the core functional and professional areas of sports injury management, including: building a performance team pre-participation screenings developing core stability, motor control and flexibility training models pre-season and in-season programmes assessment of training loads and recovery the mechanics of sports injury concussion management pain overtraining designing rehabilitation programmes psychology, nutrition and environmental stress working with young athletes, female athletes, masters athletes, and athletes with disabilities Every chapter includes real case studies and data, as well as effective protocols, procedures and specimen programmes designed for high performance, with examples drawn from a wide range of individual...



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