



Sports Injuries: A Self-Help Guide

Vivian Grisogono

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The best-selling comprehensive guide to sports injuries, now completely updated! Sports Injuries: a Self-Help Guide describes how the body works, why injuries happen in adults and children, how to deal with them, whom to consult, complications and consequences of injuries, recovery through rehabilitation exercise programmes, safety measures and injury prevention. Three hundred line drawings illustrate a full range of recovery exercises through stretching, strengthening, mobilizing, and coordinating. This is an essential book for sports participants, coaches, personal trainers, PE teachers, parents, sports science and sports therapy students, and is also a useful reference tool for doctors and therapists.

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