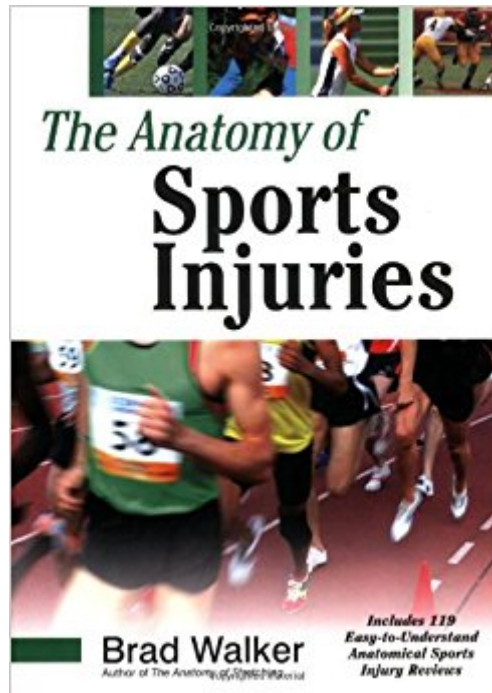




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# The Anatomy Of Sports Injuries



## Synopsis

Everyone who plays sports experiences injuries. Many people never fully recover because they're not aware of what they can do to facilitate recovery. But there's no need to simply resign yourself to "living with" a sports injury. In *The Anatomy of Sports Injuries*, author Brad Walker brings years of expertise—he works with elite-level and world-champion athletes, and lectures on injury prevention—to this how-to guide. The book takes a fundamental approach, bringing you inside the body to show exactly what is happening when a sports injury occurs. At the heart of *The Anatomy of Sports Injuries* are 300 full-color illustrations that show the sports injury in detail, along with 200 line drawings of simple stretching, strengthening, and rehabilitation exercises that the reader can use to speed up the recovery process. *The Anatomy of Sports Injuries* is for every sports player or fitness enthusiast who has been injured and would like to know what the injury involves, how to rehabilitate the area, and how to prevent complications or injury in the future.

## Book Information

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## Customer Reviews

Brad Walker is a prominent Australian sports trainer with more than 20 years' experience in the health and fitness industry. He is a Health Science graduate of the University of New England and has postgraduate accreditations in athletics, swimming and triathlon coaching. He also works with elite level and world champion athletes and lectures for Sports Medicine Australia on injury prevention. Walker founded Walkerbout Health in 1995 in response to a steadily increasing occurrence of sports-related injury. The company has moved from providing fitness and sports

coaching services that specialize in injury prevention and rehabilitation, to now providing the same services via the publication of educational products such as books, videos, DVD's, newsletters, and e-books. He lives in Queensland, Australia.

I thought this book will have a Anatomy of how injuries look like. There's not much of that, plus is a little hard to pinpoint the illustration with the information about that specific injury. Maybe for future reference when it comes to something like anatomy, is always best to have one injury, rehab, anatomy of the joint involved in on page per injury or anatomy part. One book you may want to look for is The Complete Guide to Sports Injuries by H. Winter Griffith. It may not have illustrations but the information on how deal with an injury is there and one injury per page for easy searching, and sorting alphabetically.

The Anatomy of Sports Injuries is a great 'go to' reference for home use, or - in my case - a personal training studio. We train a cross section of people, from athletes to stay at home moms, business men and women to teachers, doctors, dentists and lawyers. Bottom line is most will, at some point, develop a 'sports injury' of one kind or another. This particular book doesn't go into great detail on specific injuries, but it is a wonderful, quick reference source to determine the actual injury, prognosis, and treatment plan. There are even a few specific exercises for each trauma. Additionally, the layout, by area of the body, allows one to rapidly find the specific locale and possible injury. This is almost always the first book I refer to regarding an injury, then I may or may not proceed to less user friendly books to obtain additional information. Great book. Couldn't recommend it more highly.

The best book to explain injuries and how one can treat them. The graphics are explicit so you can see the exact muscles used or involved in the injuries

Not applicable to my profession and not what I expected. For high school coaches not personal trainers. Have a good day.

A great book for understanding injuries and how to come back from them. The illustrations are very good and help you with recovery.

Straight forward. Easy to understand

Great book. Love the pictures.

I love this book, because there are so many different stretches for the entire body. I use it everyday; I have the CD with stretch routines as well. It's a great tool to have.

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