



Sports Rehabilitation and Injury Prevention

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Sports Rehabilitation and Injury Prevention From imusti

This text provides a comprehensive, practical, evidence-based guide to the field. It covers each stage of the rehabilitation process from initial assessment, diagnosis and treatment, to return to pre-injury fitness and injury prevention. Presenting a holistic approach, this text also addresses the nutritional and psychological aspects of the rehabilitation process for the amateur sports enthusiast as well as elite athletes.

Divided into five parts, Parts I, II and III cover screening and assessment, the pathophysiology of sports injuries and healing and the various stages of training during the rehabilitation process. Part IV covers effective clinical decision making, and Part V covers joint specific injuries and pathologies in the shoulder, elbow wrist and hand, groin and knee.

Key features:

- **Comprehensive.** Covers the complete process from diagnosis and treatment to rehabilitation and prevention of injuries.
- **Practical and relevant.** Explores numerous real world case studies and sample rehabilitation programmes to show how to apply the theory in practice.
- **Cutting Edge.** Presents the latest research findings in each area to provide an authoritative guide to the field.

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Editorial Review

Review

"This book is novel in its attempt to provide evidence for sport rehabilitation. To my knowledge, this is the first book of its kind to examine the validity of tools while still providing a broad knowledge base and it will enhance the field of sports rehabilitation." (Doody's, 18 November 2011)

From the Back Cover

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- **Cutting Edge.** *Sports Rehabilitation and Injury Prevention* presents the latest research findings in each area to provide an authoritative guide to the field.

About the Author

Paul Comfort (BSc (Hons), MSc, PGCAP, CSCS*D, ASCC) is a senior lecturer, programme leader for the MSc Strength and Conditioning programme at the University of Salford. Paul is also currently Head of Sports Science Support for Salford City reds Rugby League Football Club and Coordinates the Strength and Conditioning for England Lacrosse (men's squad). He is a certified Strength and Conditioning Specialist (Recertified with Distinction) (CSCS*D) with the National Strength and Conditioning Association and a founder member and Accredited Strength and Conditioning Coach with the United Kingdom Strength and Conditioning Association. He is also currently completing a part-time PhD.

Earle Abrahamson (B Phys Ed, BA Hons, MA, BPS, BASRaT, FRSM, BRCP, AHPCSA, HPCSA, PsySSA) is a principal Lecturer, teaching fellow and programme leader for the Sports Rehabilitation and Injury Prevention programme at Middlesex University. Through his programme leadership and teaching fellowship duties, Earle has developed an interest in student learning and thinking. Earle spent the majority of his life in South Africa, studying and working, and moved to the UK in 2002. He is a South African-registered therapist and psychologist and has membership and professional registration with a number of UK authorities. Earle has worked extensively as a sports rehabilitation with national and international teams, including the world strongest man event. Earle sits on the executive committee of the British Association of Sports Rehabilitators and Trainers (BASRaT), as their student liaison officer. In this role he deals with and

promotes the BASRaT student experience. Earle is the Middlesex University representative for the higher education academy's hospitality, leisure, sport and tourism sector. He is currently working on a professional doctorate investigating different learning approaches in the development of clinical reasoning skills on undergraduate sports rehabilitation programmes.

Earle is married to Emma and has a son, Benjamin. In his spare time he enjoys sports and is an active cricketer and tennis player. He further enjoys reading and music.

Users Review

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Alfred Cox:

A lot of people always spent all their free time to vacation as well as go to the outside with them loved ones or their friend. Did you know? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you want to try to find a new activity that's look different you can read any book. It is really fun for you personally. If you enjoy the book which you read you can spent 24 hours a day to reading a guide. The book Sports Rehabilitation and Injury Prevention it is rather good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. In case you did not have enough space to deliver this book you can buy the particular e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not too costly but this book offers high quality.

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