



Sports Rehabilitation and Injury Prevention

From imusti

[Download now](#)

[Read Online](#) 

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.



[Download Sports Rehabilitation and Injury Prevention ...pdf](#)



[Read Online Sports Rehabilitation and Injury Prevention ...pdf](#)

Sports Rehabilitation and Injury Prevention

From imusti

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.

Sports Rehabilitation and Injury Prevention From imusti **Bibliography**

- Sales Rank: #3636460 in Books
- Brand: imusti
- Published on: 2010-06-28
- Original language: English
- Number of items: 1
- Dimensions: 9.61" h x 1.18" w x 6.61" l, 1.10 pounds
- Binding: Paperback
- 548 pages

 [Download Sports Rehabilitation and Injury Prevention ...pdf](#)

 [Read Online Sports Rehabilitation and Injury Prevention ...pdf](#)

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

Sports Rehabilitation and Injury Prevention 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 textbook 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.

- **Comprehensive.** Covers the complete process from diagnosis and treatment to rehabilitation and prevention of injuries.
- **Practical and relevant,** this textbook explores numerous real world case studies and sample rehabilitation programmes to show how to apply the theory in practice.
- **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, FRSR, 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

From reader reviews:

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 their 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 spend 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 more effortlessly to read this book through your smart phone. The price is not too costly but this book offers high quality.

Della Bailey:

People live in this new morning of lifestyle always try to and must have the extra time or they will get lots of stress from both day to day life and work. So, once we ask do people have extra time, we will say absolutely sure. People is human not really a huge robot. Then we request again, what kind of activity do you have when the spare time coming to an individual of course your answer can unlimited right. Then ever try this one, reading books. It can be your alternative with spending your spare time, typically the book you have read will be Sports Rehabilitation and Injury Prevention.

Mamie Shaw:

Do you like reading a e-book? Confuse to looking for your chosen book? Or your book had been rare? Why so many concern for the book? But just about any people feel that they enjoy for reading. Some people likes studying, not only science book and also novel and Sports Rehabilitation and Injury Prevention as well as others sources were given know-how for you. After you know how the great a book, you feel desire to read more and more. Science book was created for teacher or even students especially. Those guides are helping them to include their knowledge. In additional case, beside science publication, any other book likes Sports Rehabilitation and Injury Prevention to make your spare time more colorful. Many types of book like here.

Matthew Seifert:

What is your hobby? Have you heard that question when you got college students? We believe that that problem was given by teacher with their students. Many kinds of hobby, All people has different hobby. So

you know that little person similar to reading or as looking at become their hobby. You must know that reading is very important and also book as to be the matter. Book is important thing to add you knowledge, except your own personal teacher or lecturer. You see good news or update about something by book. Amount types of books that can you decide to try be your object. One of them are these claims Sports Rehabilitation and Injury Prevention.

Download and Read Online Sports Rehabilitation and Injury Prevention From imusti #2H6TNJ1PRXS

Read Sports Rehabilitation and Injury Prevention From imusti for online ebook

Sports Rehabilitation and Injury Prevention From imusti Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Sports Rehabilitation and Injury Prevention From imusti books to read online.

Online Sports Rehabilitation and Injury Prevention From imusti ebook PDF download

Sports Rehabilitation and Injury Prevention From imusti Doc

Sports Rehabilitation and Injury Prevention From imusti Mobipocket

Sports Rehabilitation and Injury Prevention From imusti EPub