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professional sport due to their injuries. Exercise and sport is, nevertheless, Exercise and sport is, nevertheless, important for us all whether we are professionals or recreational athletes.

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Sports Injury Management Volume I

6 7 Sports Injury Management: Volume I it would also cause a lot of inconveniences later on in their growing years. Management RICER regime (Rest, Ice, Compression, Eleva-

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also to update the poor training methods. This paper will review the general common sports injuries.

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Sports injuries in children affect both growing bone and soft tissues, and can result in damage of growth mechanisms with subsequent lifelong, growth disturbance.

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In addition, pediatric sports injuries, extreme sports injuries, the role of physiotherapy, and future developments are extensively discussed. All who are involved in the care of patients with sports injuries will find this textbook to be an invaluable, comprehensive, and up-to-date reference.

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With the increased participation in sport worldwide, the field of sports medicine is becoming increasingly more significant. Whilst some of the injuries which occur in sport are similar to non-sporting injuries, others are very specific.

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Sports Injuries Prevention Diagnosis Treatment and

His last book, Sports Injuries: Prevention, Diagnosis, Treatment and Rehabilitation, was published by Springer in 2011. For over 30 years, Dr. Doral's major research interests have been in sports injuries and rehabilitation, arthroscopic and endoscopic surgery, basic science research in tendon injuries, and knee arthroplasty.

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Rehabilitation and Treatments of Sports Injuries

Rehabilitation and Treatments of Sports Injuries by Mark Harmsworth. Principles of Rehabilitation

zPrevention is better than cure zNeeds a whole body approach and is aimed towards the individual zAim is to return to sport with full function. There is constant pressure to facilitate the safe return to competition / activity in the shortest time possible zEffective planning zCommences
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