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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.

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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.

The Anatomy of Sports Injuries: Walker, Brad

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Everyone who plays sports experiences injuries. Many people never fully recover because they are not aware of what they can do to facilitate recovery. But there is no need to simply resign yourself to living with a sports injury. Author Brad Wa

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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-colour anatomical illustrations that show the sports injury in detail, along with over 100 colour drawings of simple stretching, strengthening and rehabilitation exercises that the reader can use to speed up the recovery process.

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