



**Sports injuries sourcebook :
basic consumer health
information about various
sports injuries including
sprains, strains, bursitis,
tendinitis, fractures, cramps,
and injuries to various parts of
the body, including the head,
face, spine, arms, hip, legs, and
feet, and facts about injury
prevention, protective
equipment, pain management,
and the diagnosis and
treatment of sports injuries :
along with a glossary of related
terms and a directory of
resources for additional
information /**

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Omnigraphics, Incorporated

Monografía

Describes the basic types of sports injuries and discusses protective equipment and injury prevention strategies for specific activities. Provides facts about nutrition and hydration, supplements, diagnosis and treatment, and specific risks and prevention strategies for children and young athletes

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Título: Sports injuries sourcebook basic consumer health information about various sports injuries including sprains, strains, bursitis, tendinitis, fractures, cramps, and injuries to various parts of the body, including the head, face, spine, arms, hip, legs, and feet, and facts about injury prevention, protective equipment, pain management, and the diagnosis and treatment of sports injuries : along with a glossary of related terms and a directory of resources for additional information Kevin Hayes, managing editor

Edición: Sixth edition

Editorial: Detroit, Michigan Omnigraphics, Incorporated [2021] #2021

Editorial: Omnigraphics, Incorporated

Descripción física: 1 online resource (xvi, 618 pages)

Mención de serie: Health reference series

Bibliografía: Includes bibliographical references and index

Contenido: Part 1. Elements in sports -- part 2. Common sports injuries -- part 3. Other medical conditions related to sports -- part 4. Sports safety and injury prevention -- part 5. Pain management and performance-enhancing drugs in sports -- part 6. Caring for injured athletes -- part 7. Additional help and information

ISBN: 9781787858657 1787858650 9780780818279 078081827X

Materia: Sports injuries Sports medicine Wounds and injuries

Autores: Hayes, Kevin (Editor of health information), editor

Enlace a formato físico adicional: 9780780818262 0780818261

Punto acceso adicional serie-Título: Health reference series

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