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Descrizione fisica	1 online resource (248 p.)
Collana	Handbook of sports medicine and science
Altri autori (Persone)	BahrRoald <1957-> EngebretsenLars <1949->
Disciplina	617.1 617.1/027 617.1027
Soggetti	Sports injuries - Prevention Sports medicine
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Formato	Materiale a stampa
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Contents; List of Contributors; Foreword; Preface; 1 Why is injury prevention in sports important?; 2 A systematic approach to sports injury prevention; 3 Developing and managing an injury prevention program within the team; 4 Preventing ankle injuries; 5 Preventing knee injuries; 6 Preventing hamstring injuries; 7 Preventing groin injuries; 8 Preventing low back pain; 9 Preventing shoulder injuries; 10 Preventing elbow injuries; 11 Preventing injuries to the head and cervical spine; 12 Preventing tendon overuse injuries; 13 Implementing large-scale injury prevention programs 14 Planning for major eventsIndex; A; B; C; D; E; F; G; H; I; J; K; L; M; N; O; P; Q; R; S; T; U; V; W; X
Sommario/riassunto	This volume in the Handbook of Sports Medicine and Science series is a practical guide on the prevention of sports injuries. It covers all Olympic sports, plus additional sport activities with international

competition, such as rugby. Focusing on reducing the potential for injuries, the book is organised by regions of the body. There are also chapters on the importance of injury prevention and developing an injury prevention program within a team. The authors identify the risk factors for specific injuries in each sport, typical injury mechanisms and risks associated with training.
