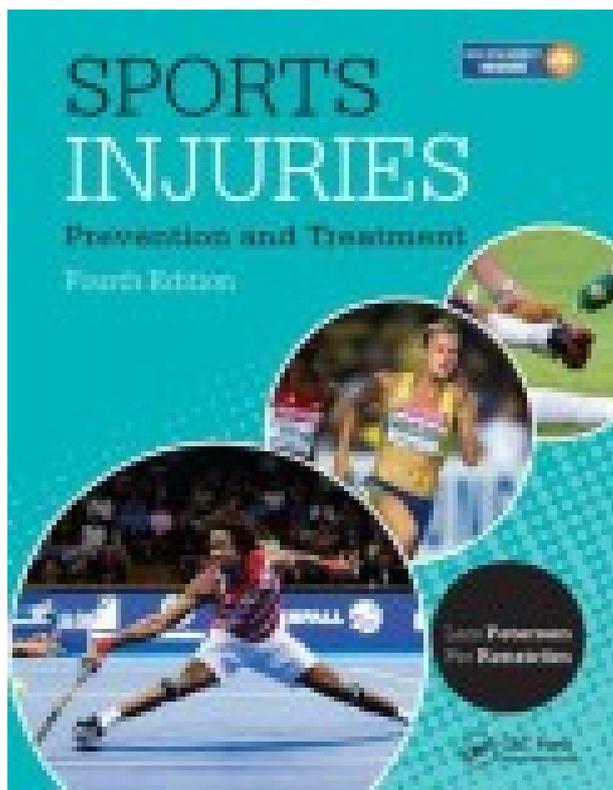


# Sports Injuries



<b>Forfatter:</b>	Lars Peterson og Per A. F. H. Renstrom
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As more and more people realize the cardiovascular, metabolic, and muscular benefits that regular physical activity provides, the risk for potential injury also increases.

In order to provide successful treatment, all persons involved in the management of injury must have a thorough understanding of the healing process of the various tissues and also be familiar with the demands of different types of sports. Written by two world-renowned experts, *Sports Injuries, Fourth Edition* comprehensively covers the prevention, treatment, and rehabilitation of sports injuries. Essential reading for all athletes, coaches/trainers, physiotherapists, and doctors, the updated edition of this highly popular and well-established textbook skillfully integrates scientific background and evidence with practical application. Topics covered include: \* Individual risk factors for sports injuries \* Effects of physical inactivity on the tissues \* Head and face injuries in sport \* Cervical, thoracic and abdominal injuries in sport \* Back and spine injuries in sport \* Outdoor activities during extreme conditions \* Sports injuries of the lower and upper extremities \* Injuries in sport for the disabled Richly illustrated with more than 650 color drawings and photographs, this book covers injuries resulting from the full range of international sports. For each type of injury examined, it details the symptoms, mechanism of injury, diagnosis, treatment, rehabilitation protocols, and key points—clearly stating what both non-medical and medical professionals should do in each case of injury.

This easy-to-follow textbook features a glossary of key terms and protocols with rehabilitation exercises to

provide readers with a solid understanding about how to effectively treat, rehabilitate, and prevent sports injuries.

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. Anatomical Visual Guide to Sports Injuries, sensibly organized by body region, is a highly visual guide that displays the basic layers of anatomy in key views. Vår pris 1875,-(portofritt).

This new monograph covers the treatment of women with athletic injuries and how they differ from men. The chapters are written by. Sports injuries in children. Br Med Bull, 86, 33-57. doi: 10.1093/bmb/ldn001. Del denne siden Del på Facebook; Del på Twitter; Skriv ut siden; Del siden på e-post; Det har blitt beskrevet som «umulig», men her blir klatrestjerna historisk: - Jeg har aldri vært lykkeligere Sports injuries and illnesses during the European Youth Olympic Festival 2013 □ van Beijsterveldt, A.M.C.; Thijs, K.

M.; Backx, Frank J.G.

Handbook of Sports Injuries.

New York: McGraw-Hill, 1999; Skriv ut; Send som e-post; Ta meg til toppen. Kontaktinformasjon. Norsk helseinformatikk AS. Granåsveien 9. oktober 2016 november 2016 desember 2016 januar 2017 februar 2017 mars 2017 april 2017; Sports injuries and illnesses in the Sochi 2014 Olympic Winter Games Curriculum for physical education. Competence aims after Year Level 10 Sports activities The aims of the studies are to enable pupils to Kjøp 'Idrettsskader, diagnostikk og behandling, an illustrated guide to the management of injuries in physical activity' fra Norges raskeste nettbokhandel. Vi har.