

Supporting Rehabilitation In Movement And Sport: The Ultimate Guide

Rehabilitation is a critical part of the recovery process from any injury. For movement and sport injuries, rehabilitation is essential to restoring function, preventing re-injury, and improving performance.



Functional Exercise Prescription: Supporting rehabilitation in movement and sport by Eyal Lederman

★★★★★ 5 out of 5

Language : English
File size : 36420 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Print length : 456 pages
Screen Reader : Supported



Supporting Rehabilitation In Movement And Sport is a comprehensive guide to the latest rehabilitation techniques for movement and sport injuries. This book provides evidence-based information on the assessment, treatment, and prevention of movement and sport injuries.

What's Inside Supporting Rehabilitation In Movement And Sport?

Supporting Rehabilitation In Movement And Sport is divided into three sections:

- **Assessment:** This section covers the assessment of movement and sport injuries, including history taking, physical examination, and

imaging.

- **Treatment:** This section covers the treatment of movement and sport injuries, including conservative treatment (e.g., rest, ice, compression, elevation) and surgical treatment.
- **Prevention:** This section covers the prevention of movement and sport injuries, including warm-up, cool-down, and strength training.

Who Should Read Supporting Rehabilitation In Movement And Sport?

Supporting Rehabilitation In Movement And Sport is a valuable resource for anyone involved in the rehabilitation of movement and sport injuries. This includes:

- Physical therapists
- Occupational therapists
- Athletic trainers
- Chiropractors
- Massage therapists
- Coaches
- Athletes

Benefits of Supporting Rehabilitation In Movement And Sport

Supporting Rehabilitation In Movement And Sport offers a number of benefits, including:

- **Evidence-based information:** The information in this book is based on the latest scientific evidence.
- **Comprehensive coverage:** This book covers all aspects of the rehabilitation of movement and sport injuries, from assessment to treatment to prevention.
- **Practical guidance:** This book provides practical guidance on how to assess, treat, and prevent movement and sport injuries.
- **Written by experts:** This book is written by a team of experts in the field of movement and sport rehabilitation.

Free Download Your Copy Today!

Supporting Rehabilitation In Movement And Sport is available now. Free Download your copy today and start improving your rehabilitation outcomes.

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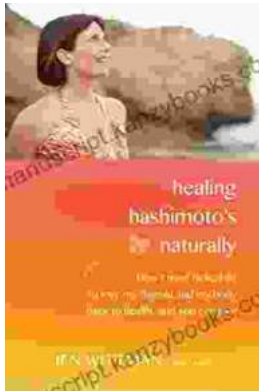


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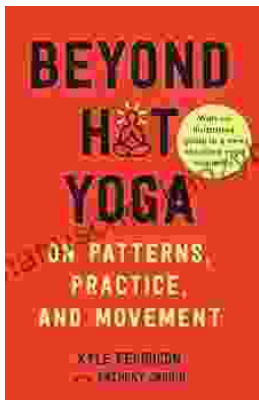
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