



Sports Injury Handbook: Professional Advice for Amateur Athletes

Allan M. Levy

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Do you know...

- Which exercises cause unnecessary wear and tear on your body?
- What to do during the first critical few seconds following a sports injury?
- When an off-the-rack arch support can be as effective as a \$200 custom-made orthotic device?
- How to keep in condition during rehabilitation?

Dr. Allan Levy knows. As team doctor for the New York Giants football team, he has treated every kind of sports injury there is, from strains and sprains to more serious tears and fractures. In *Sports Injury Handbook*, he shares his vast practical knowledge of sports medicine with recreational athletes who want to keep in shape, while minimizing aches, pains, and injuries. For ease of use, the main part of the guide is organized by body part and sport. To find out why, for example, your knee is sore and how to treat it, simply turn to the knee chapter. Then learn how to avoid further risk of knee injuries in sports-specific chapters on aerobics, jogging, tennis, skiing, basketball, and many more. Peppered with firsthand stories and anecdotes from professional sports, the *Sports Injury Handbook* is an entertaining, informative guide to the latest methods of injury prevention and treatment. In it, you'll discover:

- The conditioning, nutrition, and strength training techniques professional athletes use to stay in top physical shape
- Easy, step-by-step rehabilitative exercises you can perform at home
- Special precautions for women, children, and older athletes
- How to prevent or treat the most common injuries in more than two dozen sports, including aerobics, baseball, basketball, bowling, boxing, cycling, football, golf, gymnastics, hockey, running, skiing, soccer, swimming, tennis, triathlon, volleyball, walking, and wrestling

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