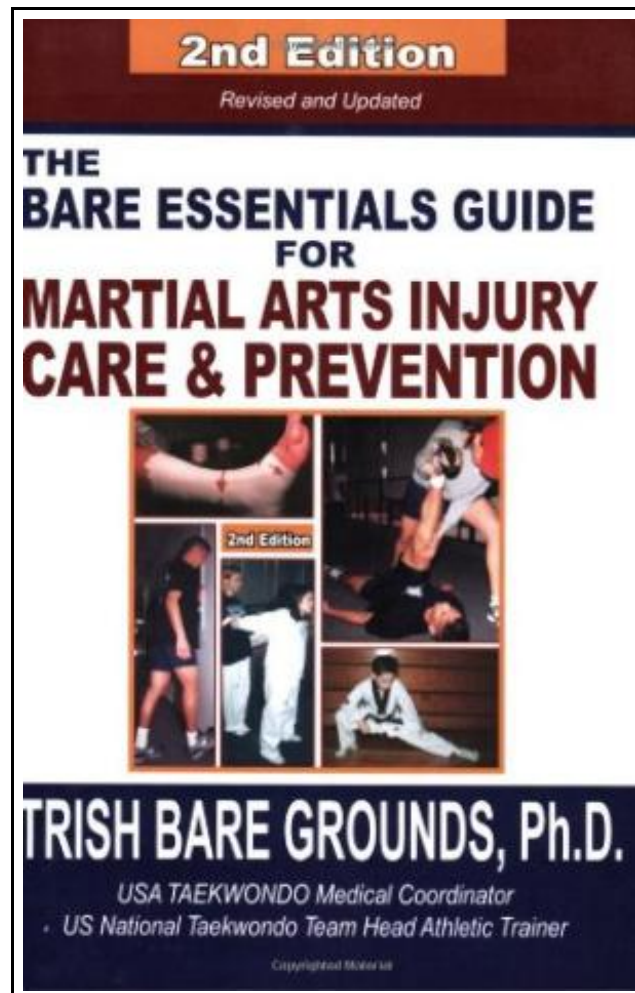


The Bare Essentials Guide for Martial Arts Injury Care and Prevention



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Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

THE BARE ESSENTIALS GUIDE FOR MARTIAL ARTS INJURY CARE AND PREVENTION



Turtle Press,U.S., United States, 2006. Paperback. Book Condition: New. 2nd Revised edition. 229 x 152 mm. Language: English . Brand New Book. This book is an essential reference for martial arts athletes, coaches and instructors. Written in easy to understand language, the guide addresses important self-care issues for the martial arts athlete including: Stretching: over 50 essential exercises for building flexibility, preventing common injuries and rehabilitation; Conditioning: get the facts on using plyometrics, weight training, running, core strengthening, resistive bands, TotalGym and the exercise ball for building strength and speed; Nutrition: learn to safely cut weight, prevent dehydration, and eat like a champion; Step-by-step instructions, including photos, for professional athletic taping techniques: ankles, feet, toes, shins, knees, elbows, hip, fingers, and hands; Self-care: ice vs. heat, identifying serious injuries, caring for minor injuries, training precautions when injured or pregnant; and Instructors and Coaches: guidance on developing an Emergency Medical Plan, safety in training and competition, training your staff and building a qualified sports medicine team. It also includes tips on coping with: Blisters; Ankle Injuries; Back Pain; Knee Injuries; Groin Pulls; Rotator Cuff Pain; Shin Splints; Dehydration; Athlete s Foot; Asthma; Concussions; Head Injuries; Bruises and Swelling; Lacerations; Facial Injuries; Hyperextensions; Chronic Injuries; and Emergencies.



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