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Sports Medicine Of The Lower Extremity, 2e



Synopsis

This book comprises an encyclopedic look at the emerging sports medicine specialty, concentrating on the lower extremity. It covers problems relating to children as well as adults and takes in areas like nutrition, injury prevention, and training and conditioning. Anatomy and normal movement are discussed in detail. Injuries are dealt with both by region and by sport/activity. Written by a multidisciplinary team of clinicians--all experts in their fields.

Book Information

Hardcover: 781 pages

Publisher: Churchill Livingstone; 2nd edition (1999)

Language: English

ISBN-10: 044308999X

ISBN-13: 978-0443089992

Product Dimensions: 1.5 x 8.5 x 10.5 inches

Shipping Weight: 4 pounds

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