



The Anatomy of Sports Injuries

Brad Walker

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Everyone who plays sports experiences injuries. Many people never fully recover because they're not aware of what they can do to facilitate recovery. But there's no need to simply resign yourself to "living with" a sports injury. In *The Anatomy of Sports Injuries*, author Brad Walker brings years of expertise—he works with elite-level and world-champion athletes, and lectures on injury prevention—to this how-to guide. The book takes a fundamental approach, bringing you inside the body to show exactly what is happening when a sports injury occurs. At the heart of *The Anatomy of Sports Injuries* are 300 full-color illustrations that show the sports injury in detail, along with 200 line drawings of simple stretching, strengthening, and rehabilitation exercises that the reader can use to speed up the recovery process. *The Anatomy of Sports Injuries* is for every sports player or fitness enthusiast who has been injured and would like to know what the injury involves, how to rehabilitate the area, and how to prevent complications or injury in the future.

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