



Any Given Monday: Sports Injuries and How to Prevent Them for Athletes, Parents, and Coaches - Based on My Life in Sports Medicine (Paperback)

By James R Andrews

SIMON SCHUSTER, United States, 2014. Paperback. Book Condition: New. 212 x 140 mm. Language: English . Brand New Book. Every year more than 3.5 million children will require medical treatment for sports-related injuries, the majority of which are avoidable through proper training and awareness. Dr. James Andrews, an orthopedic surgeon, sports medicine pioneer, and consultant to some of the fiercest teams in college and professional sports, distills his practical wisdom and professional advice to combat a growing epidemic of injury among sports most vulnerable population: its young athletes. Any Given Monday is a sport-by-sport guide to injury prevention and treatment, written specifically for the parents, grandparents, and coaches of young athletes. Dr. Andrews covers every major sport, including football, gymnastics, judo, basketball, tennis, baseball, cheerleading, wrestling, and more. From identifying eating disorders to preventing career-ending ACL tears and concussions, Dr. Andrews reveals how young athletes can maximize their talent and maintain a lifetime of health both on the field and off.



READ ONLINE
[6.28 MB]

Reviews

Comprehensive information for book fanatics. it had been writtern really completely and useful. I am happy to explain how this is the greatest publication i have read through in my very own life and can be he finest pdf for ever.

-- **Virginie Collier I**

It is simple in read through safer to comprehend. This is for anyone who statte that there was not a really worth reading through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Samanta Klein**