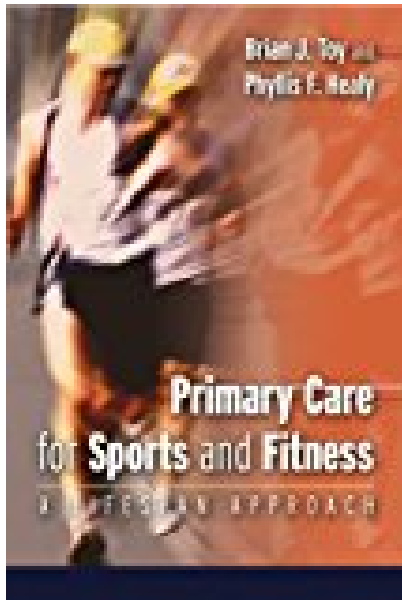


Primary Care for Sports and Fitness A Lifespan Approach



BOOK DETAILS

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BOOK SYNOPSIS

Master the what-tos, when-tos, and how-tos of sports medicine! Here are the practical knowledge and the clinical skills you need to help your patients prevent common sports-related injuries...and to assess, diagnose, and treat them when they occur. -The pre-participation examination. -The specific differences between genders and across the lifespan that affect screening and evaluation techniques. - Management of other disorders and conditions that can affect sports-related activities. -Physical fitness program guidelines for specific sports and variations for age and gender. -Mechanisms of inju

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