



# Sports Injury Prevention and Rehabilitation

*Eric Shamus, Jennifer Shamus*

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**Sports Injury Prevention and Rehabilitation** Eric Shamus, Jennifer Shamus

\* A comprehensive text for students or practicing physical therapists treating orthopedic injuries in professional or casual athletes.

\* First reference that presents information categorized by sport, to effectively illustrate specific causes of common sport injuries.

\* Each chapter presents the biomechanics of the injury, an analysis of injuries common to that sport, a program of functional rehabilitation, and coverage of warm-up, stretching, and other injury prevention methods

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