



## The Healthy Body Handbook: A Total Guide to the Prevention and Treatment of Sports Injuries

By David Saidoff, Stuart Apfel

Demos Medical Publishing. Paperback. Book Condition: new. BRAND NEW, The Healthy Body Handbook: A Total Guide to the Prevention and Treatment of Sports Injuries, David Saidoff, Stuart Apfel, A healthy, strong body is essential to the enjoyment of life. The Healthy Body Handbook was written for all those who place great emphasis on living life fully. It will help you understand the basic structure and function of the musculoskeletal system of the human body and is written in language easily understood by the layperson, with numerous illustrations. This knowledge will enable you to be proactive about your health, make positive lifestyle choices, prevent injuries and participate fully in the healing of injuries - especially those that are sports-related. The authors include detailed advice regarding various exercises and the appropriate regimen for stretching and strengthening, both of which are essential to warding off age-related problems. The book sends out warning signals of impending overuse and the resultant potential for injury. In this book you will learn to listen to these signals, evaluate them and make healthy decisions. The book also includes information about the remedies and procedures Physicians are likely to recommend after injury or illness. A healthy body also supports...



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