

Fisioterapia en deportes de montaña y escalada



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FISIOTERAPIA EN DEPORTES DE MONTAÑA Y ESCALADA

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Ediciones Desnivel, S.L., 2011. soft. Condition: New. Este pequeño gran manual está destinado a los practicantes de los deportes de montaña de cualquier nivel que quieran disponer de un libro sobre prevención, tratamiento y recuperación de lesiones deportivas en montaña. El objetivo es poner a disposición del lector una monografía de bolsillo que recoja los conceptos básicos que todos los montañeros deberían conocer para ofrecer un tratamiento eficaz en las principales lesiones surgidas como consecuencia de la práctica deportiva en montaña. Desde el alpinista al senderista, pasando por escaladores, barranquistas o esquiadores, todos encontrarán en este libro herramientas útiles para conseguir que su actividad deportiva sea aún más saludable, y las claves para alargar todo lo posible nuestros años de diversión y satisfacciones en las montañas. Contenidos : Anatomía del aparato locomotor. Guía de lesiones Principios generales de fisioterapia El síndrome del mochilero: contractura cervical, dorsal y lumbar Contusión costal Lesiones de hombro y cintura escapular Lesiones de brazo y codo Lesiones de antebrazo y muñeca Lesiones de la mano Lesiones de cadera y pelvis Lesiones de muslo y rodilla Lesiones de pierna Esguince de tobillo Lesiones del pie Recuperación deportiva Entrenamiento hipóxico Farmacología antiinflamatoria. Botiquín deportivo *** Nota: EL COSTE DE ENVÍO A CANARIAS ES 9.99 EUROS. Si ha realizado un pedido con destino a CANARIAS no podemos hacer el envío con el coste actual. Nos pondremos en contacto con usted para comunicar el coste total del envío a Canarias y si está de acuerdo, Abebooks le efectuará el cargo adicional.

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