



Wrestling (Hardback)

By Chris McNab

Mason Crest Publishers, United States, 2004. Hardback. Book Condition: New. 246 x 188 mm. Language: English . Brand New Book. Sports Injuries: Wrestling is the practical guide to preventing and treating common injuries for wrestlers. Wrestling is a tough activity, in which injury is an ever-present danger. Learning good technique and systematically strengthening the body are the best ways to prevent injury during sparring. This book explains the safety preparation every wrestler should use, including mental training, strength exercises, and flexibility routines. Sports Injuries: Wrestling also looks at how to treat common injuries sustained in the ring. Injuries covered include sprains and strains, whiplash, dislocations, fractures, and back injuries. The book explains when you can treat the injury yourself, and when you should see a doctor. Self-treatments are explained clearly, and are designed to return you to training safely and quickly. This book gives expert advice on dealing with the following issues: Improving flexibility to protect muscles from injury Avoiding the skin diseases common among wrestlers Rehabilitation exercises for an injured back The dangers of taking steroids to improve strength How to develop a career in wrestling.



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