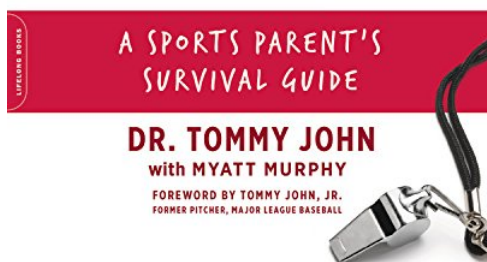


[Download] Minimize Injury, Maximize Performance: A Sports Parent's Survival Guide

MINIMIZE INJURY, MAXIMIZE PERFORMANCE



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Dr. Tommy John's invaluable guide to prevent and heal youth sports injuriesBeginning as early as age 6 and continuing through the teenage years and on into their twenties, young athletes are more at risk of serious injuries at younger ages than ever before. Dr. Tommy John, son of lefty pitcher Tommy John and also a chiropractor, offers a practical guide to preventing and healing sports injuries. Dr. John explores the sudden rise of Tommy John surgeries being performed on young athletes today, as well as the many injuries--and the surgeries required to fix them-- increasing at an alarming rate in baseball and all youth sports. Dr. John's book outlines the three top causes behind this "injury epidemic": The American lifestyle, the business of youth sports (from coaches to corporations), and the mistakes we're making through lifestyle decisions. Maximize Your Kid's Sports Performance...and Minimize Injury shares the four key game-changers that will help prevent and heal injuries: Rethink, Replenish, Rebuild, and Recover. Each of these four sections includes a daily checklist that gauges how well young athletes are doing in each of the four areas. Though most of the book focuses on prevention, it also offers tips on how to tailor the advice for athletes coming back from an injury, with over 120 black and white photographs.

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