



## The Active Female

By Jacalyn J. McComb

Springer-Verlag Gmbh Feb 2014, 2014. Buch. Book Condition: Neu. 261x185x30 mm. Neuware - The purpose of the The Active Female: Health Issues Throughout the Lifespan, 2nd Edition is twofold: (1) to increase the awareness of wellness and fitness issues for active females and their family members; and (2) to provide an avenue for medical practitioners, allied health professionals, health educators, and certified individuals in sports medicine to gain critical, updated knowledge of a field specific to active females. Part I of the book offers a foundation to help the reader understand the interrelationship among body image concerns, the female reproductive cycle, and musculoskeletal anatomy/physiology of females that makes their health risks and concerns unique. Reproductive health is discussed by a prominent researcher in reproduction/endocrinology. An overview of the Female Athlete Triad which is a syndrome of three interrelated conditions ( disordered eating, menstrual disturbances and bone loss) is presented in Part II. Physicians and certified professionals in sports medicine discuss the individual components of the triad, relating not only to the athletic female but also to the recreationally active woman throughout the lifespan. In Part III, Prevention and management of common musculoskeletal injuries is addressed by a female orthopedic surgeon...



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