



Winter Sports Medicine: A Handbook

By James L. Moeller, Sami F. Rifat

McGraw-Hill Education - Europe, United Kingdom, 2004.
 Paperback. Book Condition: New. 226 x 145 mm. Language: English Brand New Book ***** Print on Demand *****.For anyone concerned with the prevention and treatment of cold-weather athletic injuries and medical problems, the Winter Sports Medicine Handbook is the ideal quick reference. Covering the full range of ice and snow sports, this portable guide is handy, authoritative, and perfect for on-the-spot treatment advice for nearly every possible situation-from frostbite, sprains, and strains - to fractures and other traumatic injuries. Look inside for: a unique, sport-specific table to assist diagnosis and treatment, and point you to expanded information within the text; comprehensive chapters on snow sports such as alpine, telemark, cross-country, and freestyle skiing; snowboarding; and biathlon; complete coverage of ice sports-everything from curling, figure skating, and speed skating, to hockey, bobsledding, and luge; practical advice for management of medical conditions including skin conditions, hypothermia, frostbite, and more; physiology, biomechanics, and history of each sport; performance enhancement in winter sports; special coverage of cold-weather cardiopulmonary physiology. An invaluable resource for anyone involved in winter sports - whether as medical professional, coach, trainer, or athlete - Winter Sports Medicine Handbook should be an integral part of...



READ ONLINE
 [1.28 MB]

Reviews

An extremely amazing book with lucid and perfect reasons. It is actually written in easy words and phrases and never confusing. Your life period will likely be transformed the instant you fully look over this ebook.

-- **Tracy Keeling**

This publication can be worth a read through, and far better than other. It normally will not charge too much. Your life period will likely be enhanced as soon as you comprehensively read this article pdf.

-- **Joyce Boyle**

See Also



[Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 5: Craig Saves the Day \(Hardback\)](#)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 173 x 145 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



[Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 6: Ice City \(Hardback\)](#)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 170 x 145 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...



[Chicken Licken - Read it Yourself with Ladybird: Level 2](#)

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he decides he must tell the king that...



[Goodparents.com: What Every Good Parent Should Know About the Internet \(Hardback\)](#)

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and with an estimated 200 million computers in...



[Four on the Shore](#)

Penguin Books Australia, Australia, 1994. Paperback. Book Condition: New. James Marshall (illustrator). Reprint. 229 x 147 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read program. Favorite stories by such beloved authors...



[Fox on the Job: Level 3](#)

Penguin Putnam Inc, United States, 2004. Paperback. Book Condition: New. James Marshall (illustrator). Reissue. 224 x 150 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read program. Favorite stories by such beloved...