



Beating Sports Injuries: Through Conventional and Alternative Methods (Options For Health)

Andrew Pallas

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Common sports injuries and their causes are outlined, with recommendations for safety measures, as well as for specific treatments when injuries occur. Many problems respond to simple remedies such as rest, therapeutic exercise, and ice or heat packs. Therapies for more serious or stubborn injuries include massage, hypnotherapy, chiropractic and osteopathic treatments, physiotherapy, and, when necessary, surgery. *Options for Health* titles present health advice and information gathered from a wide range of conventional and alternative sources. Each book speaks to health and fitness problems by covering virtually all possible remedies from simple quick-fix solutions to options for professional help from therapists and medical doctors. Tips, answers to problems, and fitness suggestions in these books have been drawn from sources as diverse as latest nutritional science findings, ancient herbal remedies, modern medicine, and long-established, widely accepted therapies. Each book's text is supplemented with approximately 40 full-color photos and illustrations.



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