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The Sports Medicine Patient Advisor

The Sports Medicine Patient Advisor was designed to give health professionals a resource to make handouts to give to their patients. It soon became popular with coaches, athletes and parents. This edition contains a special introductory section for these readers.

The Sports Medicine Patient Advisor, 3rd Edition

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don't have to be an athlete to benefit from this book. In the past, I found references to this book on an Osteopath's website. The references proved to be helpful with a couple of my muscle and nerve problems.

The Sports Medicine Patient Advisor, Third Edition ...

The Sports Medicine Patient Advisor is a comprehensively illustrated practical guide to the treatment of and rehabilitation from sports injuries. The book guides the injured patient through the description of the injury, diagnosis, the suggested short-term treatment and the longer-term rehabilitation exercises.

The Sports Medicine Patient Advisor: Rouzier, Pierre A ...

The Sports Medicine Patient Advisor has been used as an adopted textbook at many colleges and universities across the country in departments such as athletic training and kinesiology. The Sports Medicine Patient Advisor is also useful for coaches,

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athletes and parents to learn about common sports injuries and how to safely return to participation.

The Sports Medicine Patient Advisor, Third Edition ...

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The Sports Medicine Patient Advisor contains easy to copy patient education handouts. This is the book that needs to be on every health care provider's bookshelf and should be used constantly.

For Professionals - The Sports Medicine Patient Advisor ...

Description : The Sports Medicine Patient Advisor contains easy to copy educational handouts to be given to patients. Patients appreciate learning about their sports injuries/problems and benefit from a home rehab program that tells them when they can return to their sport/activity.

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THE SPORTS MEDICINE PATIENT ADVISOR 7. WALL SQUAT WITH A BALL: Stand with your back, shoulders, and head against a wall and look straight ahead. Keep your shoulders relaxed and your feet 1 foot away from the wall and a shoulder's width apart. Place a rolled up pillow or a soccer-sized ball between your thighs.

Full page photo - Primary Care Sports Medicine

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THE SPORTS MEDICINE PATIENT ADVISOR recovers, not by how many days or weeks it has been since your injury occurred. In general, the longer you have symptoms before you start treatment, the longer it will take to get better. You may safely return to your sport or activity when the muscles are no longer in spasm and you can move your shoulders and arms without pain.

Rhomboid Muscle Strain or Spasm

THE SPORTS MEDICINE PATIENT ADVISOR Shoulder Bursitis
What is shoulder bursitis? Shoulder bursitis is an irritation or inflammation of the bursa in your shoulder. A bursa is a fluid-filled sac that

Shoulder Bursitis

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Scanned Document - Non-Surgical Orthopaedics

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