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Children's Sports Injuries Handbook

David, Jr. Kennedy, Peter Fitzgerald

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Children's Sports Injuries Handbook David, Jr. Kennedy, Peter Fitzgerald
This revised edition is designed to be a practical guide for all parents with sport-playing children. It is also useful for coaches and schools. It shows readers how to answer common questions about injuries and the best treatments with simple, low-cost precautions. All sports are covered, from football through to BMX bike riding, skateboarding, netball, basketball and gymnastics. Also included is a section on stretching as part of prevention, nutritional advice and a glossary of medical and sporting terms.

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