



## The Bare Essentials Guide for Martial Arts Injury Care and Prevention (Paperback)

By Trish Bare Grounds

Turtle Press, U.S., United States, 2006. Paperback. Book Condition: New. 2nd Revised edition. 229 x 152 mm. Language: English . Brand New Book. This book is an essential reference for martial arts athletes, coaches and instructors. Written in easy to understand language, the guide addresses important self-care issues for the martial arts athlete including: Stretching: over 50 essential exercises for building flexibility, preventing common injuries and rehabilitation; Conditioning: get the facts on using plyometrics, weight training, running, core strengthening, resistive bands, TotalGym and the exercise ball for building strength and speed; Nutrition: learn to safely cut weight, prevent dehydration, and eat like a champion; Step-by-step instructions, including photos, for professional athletic taping techniques: ankles, feet, toes, shins, knees, elbows, hip, fingers, and hands; Self-care: ice vs. heat, identifying serious injuries, caring for minor injuries, training precautions when injured or pregnant; and Instructors and Coaches: guidance on developing an Emergency Medical Plan, safety in training and competition, training your staff and building a qualified sports medicine team. It also includes tips on coping with: Blisters; Ankle Injuries; Back Pain; Knee Injuries; Groin Pulls; Rotator Cuff Pain; Shin Splints; Dehydration; Athlete's Foot; Asthma; Concussions; Head Injuries; Bruises and Swelling; Lacerations; Facial Injuries;...



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