

Written by the medical coordinator for Major League Soccer and experienced physical therapist who treats athletes of all ages and abilities, an essential book for every player, parent, and coach. Soccer has a higher injury rate than any other contact sport. Student athletes, weekend warriors, and professional players alike all need guidance to prevent the injuries that can put you out of the game. Soccer Injury Prevention and Treatment is your comprehensive, illustrated guide to the best training, strengthening, stretching, nutrition, and hydration regimes to keep you safe and on the field. John Gallucci, physical therapist and medical coordinator for Major League Soccer, helps you understand common injuries so you can play smarter and heal better when injuries do occur. Included are treatments for specific injuries like shin splints, ACL tears, and concussions, as well as guidelines specifically for young players. With Soccer Injury Prevention and Treatment, you'll learn how to: Treat more than thirty common soccer injuries Identify a concussion and know when it is safe to return to play Understand and prevent injuries prevalent in young athletes Create a nutrition plan for energy and strength Build endurance, flexibility, and power while protecting your body from harm

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Approximately , athletes were treated in hospital emergency rooms for soccer-related injuries in , according to the US Consumer Product Safety. Soccer Injury Prevention and Treatment: A Guide to Optimal Performance for Players, Parents, and Coaches [John Gallucci Jr. MS ATC PT DPT, Tab Ramos] on. In this article, HSS physician, James J. Kinderknecht, MD, explains the most common soccer injuries and how to prevent them. Praise for Soccer Injury Prevention and Treatment. "The health and welfare of our players is a top priority. As a major league sport, we are constantly evaluating. Soccer Injury Prevention and Treatment by John Gallucci, , available at Book Depository with free delivery worldwide. Soccer is becoming more and more popular in the U.S. Find out how to prevent soccer related injuries of the knee, ankle, and foot here. Booktopia has Soccer Injury Prevention and Treatment, A Guide to Optimal Performance for Players, Parents, and Coaches by John Gallucci. Buy a discounted.

If you or someone you love is in need of soccer injury prevention insight, read on For more specialized treatment, visit us here or contact us at.

Athletic trainers play a critical role in preventing, identifying and treating injuries. U.S. Soccer's Recognize to Recover program highlights these health care. The Emory Soccer Medicine Program is committed to injury prevention for soccer of injury prevention and evaluation/treatment options for targeted sports.

Many of the more than youth soccer injuries serious enough to require treatment in hospitals, doctors' offices, clinics, ambulatory surgery centers and.

The Paperback of the Soccer Injury Prevention and Treatment: A Guide to Optimal Performance for Players, Parents, and Coaches by John.

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