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Physical Rehabilitation Of The Injured

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Physical Rehabilitation of the Injured Athlete: Expert ...

Physical rehabilitation is a vital step in improving the physical health status of an individual who has been hurt or injured. Physical therapy generally consists of a team of specialists, doctors, nurses, therapists, physical educators, and rehabilitation educators. The physiotherapy professionals help patients achieve and maintain their ...

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Injury happens all too often when players rely too much on raw talent and instinct and not enough on conditioning. Physical rehabilitation takes heart, time, dedication, and discipline. Replacing lost dexterity, strength, and stamina is half the battle, of course. Avoiding re-injury and permanent loss of capabilities must also be prioritized.

Why You Need Physical Rehabilitation After a Sports Injury ...

Physical Rehabilitation of the Injured Athlete 3/e represents collaboration among orthopaedists, physical trainers, and

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athletic trainers. It reviews the rehabilitation needs for all types of sports injuries, stressing the treatment of the entire kinetic chain with various exercises.

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