



## Winter Sports Medicine: A Handbook

By James L. Moeller, Sami F. Rifat

McGraw-Hill Education - Europe, United Kingdom, 2004.  
 Paperback. Book Condition: New. 226 x 145 mm. Language: English Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.For anyone concerned with the prevention and treatment of cold-weather athletic injuries and medical problems, the Winter Sports Medicine Handbook is the ideal quick reference. Covering the full range of ice and snow sports, this portable guide is handy, authoritative, and perfect for on-the-spot treatment advice for nearly every possible situation-from frostbite, sprains, and strains - to fractures and other traumatic injuries. Look inside for: a unique, sport-specific table to assist diagnosis and treatment, and point you to expanded information within the text; comprehensive chapters on snow sports such as alpine, telemark, cross-country, and freestyle skiing; snowboarding; and biathlon; complete coverage of ice sports-everything from curling, figure skating, and speed skating, to hockey, bobsledding, and luge; practical advice for management of medical conditions including skin conditions, hypothermia, frostbite, and more; physiology, biomechanics, and history of each sport; performance enhancement in winter sports; special coverage of cold-weather cardiopulmonary physiology. An invaluable resource for anyone involved in winter sports - whether as medical professional, coach, trainer, or athlete - Winter Sports Medicine Handbook should be an integral part of...



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