



Verletzungen im Sport: vermeiden - behandeln - therapieren (German Edition)

Hans-Jürgen Steinmann, Diana Allwang

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In diesem praktischen Begleiter finden Sie alles, was Sie zu **Sportverletzungen im Amateurbereich und im Breitensport** wissen müssen: **Vermeiden:** Damit es gar nicht erst zu Beschwerden und Verletzungen kommt, finden Sie hier Tipps zu

- funktioneller Sportbekleidung
- korrektem Aufwärmtraining
- optimaler Ernährung
- allgemeiner Wettkampfbetreuung

Behandeln und therapieren: Sollte dennoch eine Verletzung auftreten, erfahren Sie hier alles über

- **typische und häufig auftretende Sportverletzungen**
- Erste-Hilfe-Maßnahmen
- Anlegen und Aufbau funktioneller Verbände
- Medizinisches Aufbautraining nach Verletzungen

Besonders praktisch: Mit vielen konkreten Übungsbeispielen, Behandlungstipps und Produktinformationen. Der optimale und leicht verständliche Begleiter für **Sportphysiotherapeuten, Trainer, Sportlehrer und Spieler** - griffbereit und handlich für Betreuerkoffer oder Sporttasche.

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