



**Sports injuries sourcebook :  
basic consumer health  
information about various  
sports injuries including  
sprains, strains, bursitis,  
tendinitis, fractures, cramps,  
and injuries to various parts of  
the body, including the head,  
face, spine, arms, hip, legs, and  
feet, and facts about injury  
prevention, protective  
equipment, pain management,  
and the diagnosis and  
treatment of sports injuries :  
along with a glossary of related  
terms and a directory of  
resources for additional  
information /**

Hayes, Kevin

Omnigraphics, Incorporated

Monografía

Describes the basic types of sports injuries and discusses protective equipment and injury prevention strategies for specific activities. Provides facts about nutrition and hydration, supplements, diagnosis and treatment, and specific risks and prevention strategies for children and young athletes

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**Título:** Sports injuries sourcebook basic consumer health information about various sports injuries including sprains, strains, bursitis, tendinitis, fractures, cramps, and injuries to various parts of the body, including the head, face, spine, arms, hip, legs, and feet, and facts about injury prevention, protective equipment, pain management, and the diagnosis and treatment of sports injuries : along with a glossary of related terms and a directory of resources for additional information Kevin Hayes, managing editor

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