



# Sports Injuries and Illnesses: Their Prevention and Treatment

*Bob O'Connor, Richard Budgett, Christine Wells, Jerry Lewis MS CAT*

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Sports Injuries and Illnesses is an essential companion for all athletes who take their general health and well-being seriously. Topics include: analysis of the physical body, its strengths and weaknesses; study of the environment and its effect on the body; psychological implications of injury and illness; dangers of overtraining and poor nutrition and first aid: what to do and how to do it.

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