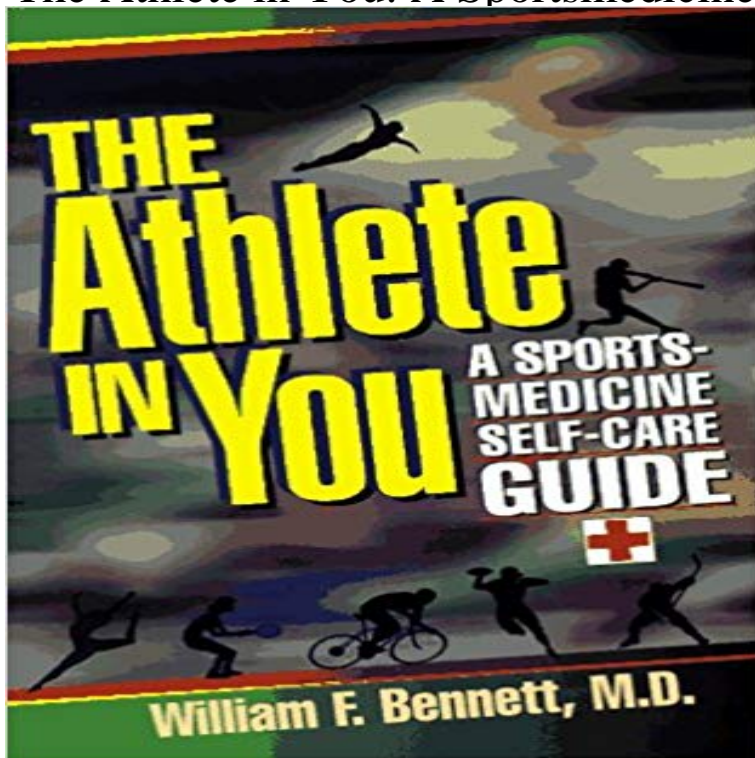


The Athlete in You: A Sportsmedicine Self-Care Guide



Paperback - 188 pages (May 1997) This comprehensive, easy-to-read guide describes athletic injuries by sport and by body part, focusing on prevention and treatment of such injuries. The Athlete in You: A Sportsmedicine Self-Care Guide is designed for those who want to learn how to prevent and treat minor athletic injuries. It also explains when you should consult a physician about a serious injury. The Athlete in You is a valuable reference book for amateurs, professionals, athletic trainers, coaches, health club personnel, officials, physical therapists, physicians, parents and sports program administrators.

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