



## Complete Guide to Sports Injuries (Complete Guides)

*By Christopher M. Norris*

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**Complete Guide to Sports Injuries (Complete Guides)** By Christopher M. Norris

This new addition to the well-known Complete Guide series will become an instant classic and essential introduction for physiotherapy students or any fitness professional dealing with sports injuries. Written by leading physiotherapist and successful author Chris Norris, this book covers the background into the structure and function of an area, the key signs for recognising symptoms and how to treat injuries with massage, taping and hot/cold techniques. Fully illustrated and packed with photography ranging from exercises to massages to suit specific injuries, it outlines the correct position and technique. The physiology is clearly illustrated and taping methods are clearly explained step-by-step. Perfect for the non-specialist providing essential management for sports injuries, this book also includes sections on simple self massage, healing timeframes, a treatment toolbox and strategies on structuring rehabilitation effectively.

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## **Complete Guide to Sports Injuries (Complete Guides) By Christopher M. Norris Bibliography**

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### **Editorial Review**

#### **About the Author**

Dr Christopher M. Norris is a chartered physiotherapist, sports scientist, highly successful author of the Complete Guide to Stretching and established lecturer and consultant. He has over twenty years experience in treating sports injuries specialising in exercise therapy.

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