

# Any Given Monday Sports Injuries and How to Prevent Them for Athletes Parents and Coaches - Based on My Life in Sports Medicine Hardback - Common

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## BOOK DETAILS

- Author : With Don Yaeger By (author) James R Andrews
- Pages : 270 Pages
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## **BOOK SYNOPSIS**

A renowned sports surgeon offers expert advice for the prevention and treatment of sports-related injuries, explaining on a sport-by-sport basis the best methods for protecting the body for a lifetime of physical activity.

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