

Minute Sports Medicine Consult: The Ultimate Guide for Athletes and Clinicians

By Alison Cotter

Minute Sports Medicine Consult is an invaluable resource for anyone involved in sports medicine. Whether you're an athlete, a clinician, or a coach, this book will provide you with the information you need to stay healthy and perform at your best.



5-Minute Sports Medicine Consult by Alison Cotter

★★★★★ 5 out of 5

Language : English

File size : 11629 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 734 pages



Inside, you'll find:

- A comprehensive overview of sports medicine, from basic anatomy and physiology to common injuries and conditions
- Step-by-step instructions for performing safe and effective sports physicals
- Evidence-based treatment plans for a wide range of sports injuries
- Advice on nutrition, hydration, and training for athletes of all levels

- A glossary of terms and resources for further learning

With its clear and concise writing style, Minute Sports Medicine Consult is the perfect resource for busy athletes and clinicians who need quick and reliable information. Whether you're looking to prevent injuries, treat a current injury, or improve your overall performance, this book has something for you.

About the Author

Alison Cotter is a certified athletic trainer and licensed physical therapist with over 20 years of experience in sports medicine. She has worked with athletes of all ages and levels, from youth athletes to professional athletes. Her expertise has been featured in numerous publications, including The New York Times, The Wall Street Journal, and ESPN Magazine.

Cotter is also the founder of the Cotter Sports Medicine Clinic, a leading sports medicine clinic in the San Francisco Bay Area. She is passionate about helping athletes stay healthy and perform at their best. Her mission is to make sports medicine accessible to everyone, regardless of their background or budget.

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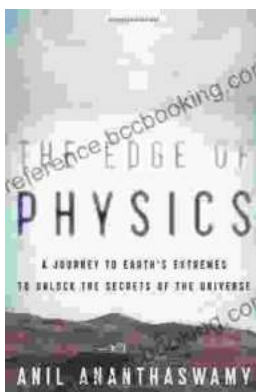
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