



# Musculation : épidémiologie et prévention des blessures (French Edition)

*Sylvain Pelloux Prayer, Ivan Prothoy, Frédéric Depiesse*

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Tout sportif qui cherche à progresser dans sa discipline a recours à la musculation. Apparemment simples, les mouvements réalisés en salle sont pourtant complexes et nécessitent un apprentissage et un suivi médical spécifique. Les blessures sont fréquentes : déchirures musculaires, entorses, fractures, et touchent les différentes régions anatomiques.

Fruit d'une collaboration entre un coach sportif et un médecin du sport, cet ouvrage offre au lecteur tous les conseils nécessaires à une pratique efficace et sans risque.

Le coeur de l'ouvrage détaille, par zone anatomique, les mouvements fondamentaux, leurs pièges et leurs risques, et propose de nombreux conseils pratiques et des vidéos en ligne.

Trois pictos signalent :

les mouvements corrects ;

les mouvements réservés aux pratiquants confirmés ;

les mouvements dangereux.

Le dernier chapitre écrit par un médecin du sport détaille les pathologies médicales induites par la musculation.

Public : Médecins du sport, kinésithérapeutes, étudiants en STAPS et BE sportifs, mais également les entraîneurs, les coachs sportifs et les pratiquants assidus de musculation.

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A lot of people always spent their particular free time to vacation as well as go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity that is look different you can read a book. It is really fun in your case. If you enjoy the book that you simply read you can spent all day every day to reading a book. The book Musculation : épidémiologie et prévention des blessures (French Edition) it doesn't matter what good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. If you did not have enough space to deliver this book you can buy often the e-book. You can m0ore very easily to read this book out of your smart phone. The price is not to cover but this book features high quality.

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