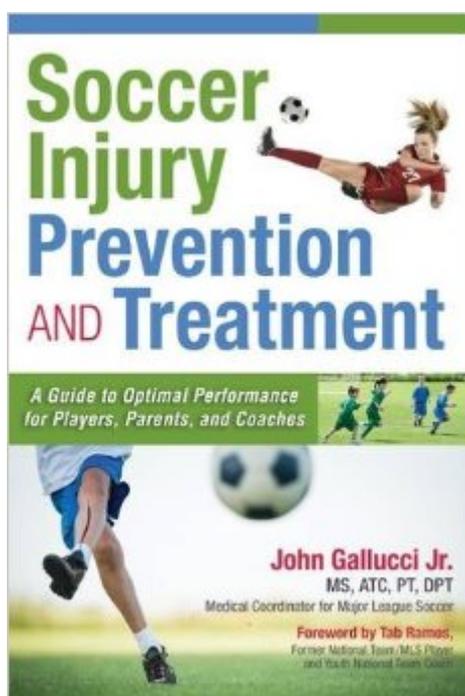


The book was found

# Soccer Injury Prevention And Treatment: A Guide To Optimal Performance For Players, Parents, And Coaches



## Synopsis

Written by the medical coordinator for Major League Soccer, a nationally recognized physical therapist who treats athletes of all ages and abilities, Soccer Injury Prevention and Treatment is a comprehensive, illustrated guide to the best training, strengthening, stretching, nutrition, and hydration regimens to keep athletes – both professional and recreational - safe and on the field. You'll learn: Ways to prevent the most common soccer injuries, including ACL tears, fractures, ankle sprains, calf strains, shin splints, and overuse injuries To identify the signs and symptoms of injury and when to seek treatment Common setbacks for children and youth How to reduce pain and stop nagging injuries from becoming chronic problems Return-to-play protocols for concussion and warning signs for serious brain injury Exercises to build endurance, flexibility, and power while protecting your body from harm The LESS program, a targeted lower-body strengthening plan to prevent injury "

## Book Information

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Average Customer Review: 4.6 out of 5 stars See all reviews (8 customer reviews)

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## Customer Reviews

This book is good because it has a soccer focus and provides a lot of soccer-specific detail in most parts. It's only OK in that it reads like and is not that much different than an athletic training textbook. There some things that are probably above the layman level and might not be explained well. You may need some prior experience with or training in care and prevention of athletic injuries to fully utilize this book. It would be good for soccer coaches at any level though.

I bought this book because my daughter got injured while playing soccer this year. Most of it was

stuff that I already knew, but it was nice to be able to give her the book to read so that she knew that her mother and I were saying was true. Mysteriously her brother contracted all sorts of "injuries" because he saw how much attention she was getting and so I used the book to shut his whining and complaining down. :)

John Gallucci Jr.'s Soccer Injury Prevention and Treatment is a must read for coaches, players, and parents. The book serves as a great guide for not only learning of the injuries soccer players may face, but also great techniques on how to prevent and treat them. You may think that prevention and treatment may be difficult or confusing, however the book offers great images and diagrams so that this process is easy and simple to follow. The book is certainly a must-needed manual for all of those in the soccer industry.

I am the AD at St. Benedict's Prep in Newark. We have a long and outstanding soccer history. This book should be read by all soccer coaches at every age and level, John and his team at JAG have kept our players healthy for years and this book is just a continuation of his great work for the athletic community.

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Soccer: The Ultimate Guide to Mastering Soccer for Life! (soccer tips, soccer coaching, soccer drills, soccer books, how to play soccer, soccer game) Soccer Injury Prevention and Treatment: A Guide to Optimal Performance for Players, Parents, and Coaches Soccer: Soccer Strategies: The Top 100 Best Ways To Improve Your Soccer Game (The Best Strategies Exercises Nutrition & Training For Playing & Coaching The Sport of Soccer) Feeding the Young Athlete: Sports Nutrition Made Easy for Players, Parents, and Coaches You Can Teach Hitting: A Systematic Approach for Parents, Coaches, and Players Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) Soccer Modern Tactics: Italy's Top Coaches Analyze Game Formations Through 180 Situations Women's Lacrosse: A Guide for Advanced Players and Coaches Advanced Basketball Defense: The World's Most Complete Illustrated Guide For Coaches, Players & Die-Hard Fans Creating the Ultimate Racquetball Player: Learn the Secrets and Tricks Used by the Best Professional Racquetball Players and Coaches to Improve Your Athleticism, Conditioning, Nutrition Stroke and Brain Injury Unraveled: Prevention, Causes,

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