The Sportsmedicene Book

Gabe Mirkin Marshall Hoffman

Why Ice Delays Recovery - Dr. Gabe Mirkin
This book covers the whole spectrum of sports medicine, including special sections on nutrition, female-specific sports injuries, exercise and the elderly.


Sports Medicine Bible: Prevent, Detect, and Treat Your Sports. The Sports Medicine Book has 5 ratings and 1 review. Kurre said: One of the best books on sport injuries and how to prevent them and how to recover, easy The Center for Sports Medicine & Wellness - Brian Shiple


