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Topics covered include: ·  
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Shoulder pain can play a significant role in your quality of life. It can limit sleep, dressing, and the ability to work overhead. Rest alone rarely fixes it. Shoulder specific treatment has value but often comes up short. We need to assess and treat the entire body to improve shoulder function. This guide to shoulder health will provide you with background information on



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Shoulder biomechanics, give you tools to self assess shoulder function, and most importantly provide strategies to improve shoulder health and your quality of life.

Applied Anatomy and Biomechanics in Sport, Second Edition, offers a variety of information for coaches and sport scientists that can be integrated and applied to the elements of body structure, body composition, assessment, physiology, and biomechanics.

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Information on diagnosing and treating sports injuries.

A keyword listing of serial titles currently received by the National Library of Medicine.

First multi-year cumulation covers six years: 1965-70.

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Practical Sports Nutrition provides detailed, sport-specific advice that enables you to approach individual athletes and teams

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And Exercise Sciences  
with an understanding of their  
sport and unique nutritional  
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series, published under the  
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Epidemiology of Injury in Olympic  
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