Google Drive



Medical Injuries in the Martial Arts

Richard B. Birrer, Christina D. Birrer

Download now

Click here if your download doesn"t start automatically

Medical Injuries in the Martial Arts

Richard B. Birrer, Christina D. Birrer

Medical Injuries in the Martial Arts Richard B. Birrer, Christina D. Birrer
Directed to physicians as well as to instructors and students of the martial arts, this book discusses the various injuries that occur in karate, judo, jujitsu and kung fu.

The bulk of the book is written in everyday language. Medical terms are defined. Medical analyses of injuries, designed expressly for physicians, also are included and are set apart from the remainder of the text by a distinct typeface.

The authors begin the book with the results of a statistical survey of martial arts injuries. The mathematical analyses are presented in terms of raw figures, percentages and levels of statistical significance. The second chapter details types of injuries and their presentations, causes and management. Succeeding chapters each cover a particular part of the body. Chapter subheads are arranged in a decimal system for easy reference.

The Head explains injuries to the skull, brain, eyes, ears, nose and mouth.
The Neck includes information on cervical spine, neck muscle, and airway injuries.
The Chest encompasses injuries to the ribs and sternum, lungs and heart.
The Abdomen offers sections on the abdominal wall, liver, spleen, intestines and bladder.
The Back covers problems associated with the thoracic spine, lumbar spine, back muscles and kidneys.
Upper Extremity considers the shoulder, arm, forearm, elbow, wrist, hand and fingers.
Lower Extremity contains information on injuries to the hip, thigh, knee, leg, ankle, foot and toes.
The Pelvis discusses injuries to the pelvic girdle.

The authors also provide information on cardiopulmonary resuscitation, list basic first aid equipment, give a partial compilation of weaponry sometimes involved in injuries, and present an anatomical chart of injuries.

Throughout the book, special efforts are made to convey an understanding of how and why martial arts injuries occur, how they can best be prevented, and how to select optimal emergency and comprehensive methods of treatment. The unique scope and presentation of the text contribute to the success of these efforts. The result is a book that will be indispensable both in the dojo and in the physician's office.

Download Medical Injuries in the Martial Arts ...pdf

Read Online Medical Injuries in the Martial Arts ...pdf

Download and Read Free Online Medical Injuries in the Martial Arts Richard B. Birrer, Christina D. Birrer

---

From reader reviews:

Eleanor Bender:

Book will be written, printed, or outlined for everything. You can learn everything you want by a e-book. Book has a different type. As we know that book is important thing to bring us around the world. Alongside that you can your reading talent was fluently. A book Medical Injuries in the Martial Arts will make you to become smarter. You can feel a lot more confidence if you can know about every little thing. But some of you think which open or reading the book make you bored. It isn't make you fun. Why they might be thought like that? Have you seeking best book or appropriate book with you?

Leslie Mickle:

Spent a free time for you to be fun activity to perform! A lot of people spent their sparetime with their family, or their own friends. Usually they performing activity like watching television, about to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your free time/ holiday? May be reading a book might be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the reserve untitled Medical Injuries in the Martial Arts can be fine book to read. May be it can be best activity to you.

Hoyt Moore:

This Medical Injuries in the Martial Arts is great guide for you because the content that is certainly full of information for you who all always deal with world and possess to make decision every minute. That book reveal it data accurately using great arrange word or we can declare no rambling sentences inside it. So if you are read the item hurriedly you can have whole info in it. Doesn't mean it only will give you straight forward sentences but tough core information with lovely delivering sentences. Having Medical Injuries in the Martial Arts in your hand like finding the world in your arm, details in it is not ridiculous a single. We can say that no book that offer you world with ten or fifteen second right but this guide already do that. So , this is certainly good reading book. Heya Mr. and Mrs. occupied do you still doubt that will?

Philip Martin:

Beside this Medical Injuries in the Martial Arts in your phone, it could give you a way to get nearer to the new knowledge or data. The information and the knowledge you will got here is fresh from your oven so don't always be worry if you feel like an previous people live in narrow commune. It is good thing to have Medical Injuries in the Martial Arts because this book offers for your requirements readable information. Do you at times have book but you don't get what it's interesting features of. Oh come on, that would not happen if you have this with your hand. The Enjoyable agreement here cannot be questionable, including treasuring beautiful island. Use you still want to miss it? Find this book as well as read it from today!

Download and Read Online Medical Injuries in the Martial Arts Richard B. Birrer, Christina D. Birrer #ZPJESVO8Q75

Read Medical Injuries in the Martial Arts by Richard B. Birrer, Christina D. Birrer for online ebook

Medical Injuries in the Martial Arts by Richard B. Birrer, Christina D. Birrer Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Medical Injuries in the Martial Arts by Richard B. Birrer, Christina D. Birrer books to read online.

Online Medical Injuries in the Martial Arts by Richard B. Birrer, Christina D. Birrer ebook PDF download

Medical Injuries in the Martial Arts by Richard B. Birrer, Christina D. Birrer Doc

Medical Injuries in the Martial Arts by Richard B. Birrer, Christina D. Birrer Mobipocket

Medical Injuries in the Martial Arts by Richard B. Birrer, Christina D. Birrer EPub