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## Don t Worry My Mom Is the Team Doctor: The Complete Guide to Youth Sports Injury and Prevention for Parents, Players, and Coaches

By Carol Frey MD

West Coast Ortho Design, United States, 2014. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Millions of children play organized sports. As competition increases, the pressure on young athletes intensifies, often leading to sports injuries. The good news is that more than half of sports injuries can be prevented. Dr. Carol Frey, orthopedic surgeon and former college athlete, offers this definitive guide filled with practical information about the most common sports injuries in kids from head to toe. While explaining complex medical issues in clear terms and providing facts and case studies for readers who find themselves in the emergency room, Dr. Frey covers these specific topics and more: -Doctor-recommended methods to treat and prevent specific injuries (on the sidelines and at home) -Best ways to come back both physically and psychologically from a sports injury -Risks and benefits of playing certain sports -Why kids injuries are different -What parents absolutely must know about concussion -The perilous problem when parents go wild -Vital differences between male and female athletes Don t Worry My Mom is the Team Doctor is a comprehensive, easy-to-understand guide that will help young athletes stay competitive,...



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