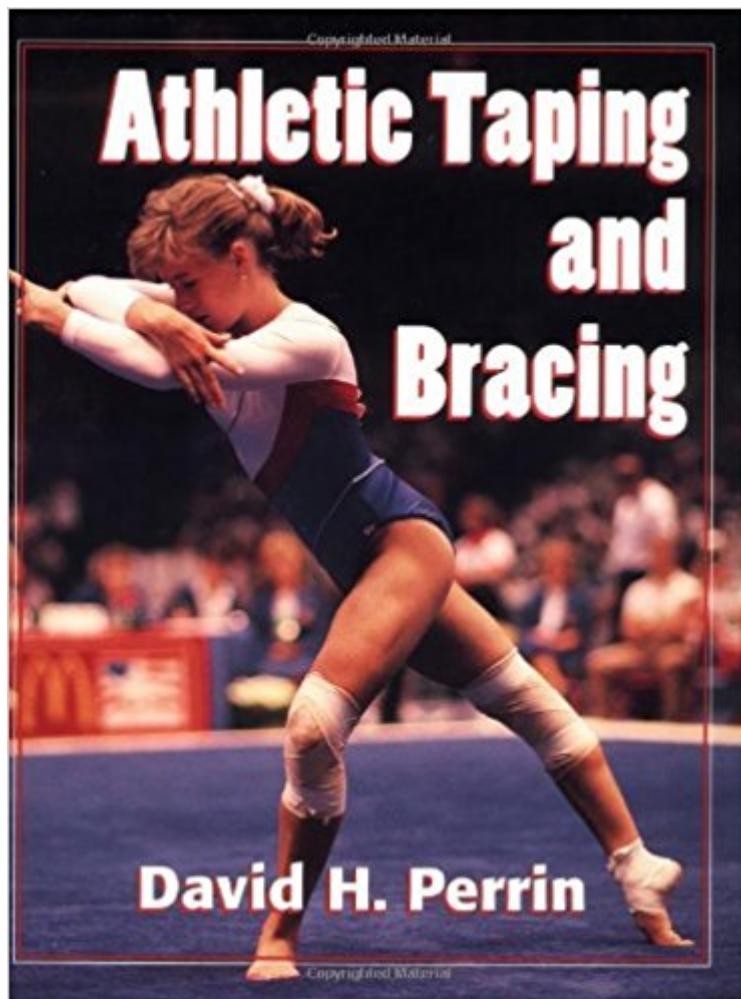


The book was found

Athletic Taping & Bracing



Synopsis

Applies the science of anatomy and injury mechanisms to the practice of athletic taping. By examining major joints and muscle groups students should master step-by-step taping and bracing techniques for preventing and managing sports injuries. The book is highly illustrated with many photographs and medical illustrations, enabling students to visualize underlying anatomical structures and injury mechanisms, and to learn proper methods for applying tape, braces, wraps and orthotics. The author discusses specific injuries (from sprains to contusions and ruptures), and describes techniques for treatment. He also presents simple stretching and lengthening exercises to help minimize an athlete's chance of re-injury.

Book Information

Spiral-bound: 136 pages

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Language: English

ISBN-10: 0873225023

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Product Dimensions: 11 x 8.8 x 0.6 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (19 customer reviews)

Best Sellers Rank: #722,094 in Books (See Top 100 in Books) #81 in Books > Medical Books > Medicine > Surgery > Trauma #620 in Books > Medical Books > Medicine > Sports Medicine #904 in Books > Medical Books > Allied Health Professions > Physical Therapy

Customer Reviews

With so many books on How TO it's really great to find one that shows you just how without making you feel like you'll never understand the basics. If you are seriously thinking about doing a lot of sports related taping and handling of those injuries this is the book you want to add to your library. After doing sports med for 2 years now with college teams and marines i feel a lot safer knowing this book is out there for others to go by.

With photographs of actual tapings, this book is very easy follow the step needed to tape almost any body part. Also included in the book where recommendations on strengthening tips for injured joints/muscles.

Excellent deal! This textbook is one of the most complete I've known. It explores some important issues in anatomy and about the precise technique application with a very well explained step-by-step. If you want to start dealing with athletic taping, it's a must have!

I am in Pre-Medical school for my M.D. in Kinesiology with a concentration in Sports Medicine. My sister bought me this book a year or so ago as a gift and I LOVE it! It has step by step instructions AND pictures on taping which is super helpful! With this book I learned how to effectively tape a knee in a cinch! And the great thing about it is that it doesn't show you just one way, it shows you alternatives too. Different techniques and styles. All in all its a phenomenal book and would recommend it to anybody!

I am an Athletic Training Student and this book is amazing. It was not required for the class that I bought it for, but It helped me so much. The pictures are very good and the step by step instructions make taping a breeze!

It has been a long time since I had classes on athletic taping. This is a good book to remind you of the different wraps.

Great pictures and illustrations not only of techniques but of anatomy as well. Overall a really good book.

Solid info. I would have given it five stars if it was the latest edition & the price wasn't jacked up 900%. For a \$2.00 book though, it's the s***. That means its good, if you're older than me.

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