



Musculation : épidémiologie et prévention des blessures (French Edition)

Sylvain Pelloux Prayer, Ivan Prothoy, Frédéric Depiesse

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Tout sportif qui cherche à progresser dans sa discipline a recours à la musculation. Apparemment simples, les mouvements réalisés en salle sont pourtant complexes et nécessitent un apprentissage et un suivi médical spécifique. Les blessures sont fréquentes : déchirures musculaires, entorses, fractures, et touchent les différentes régions anatomiques.

Fruit d'une collaboration entre un coach sportif et un médecin du sport, cet ouvrage offre au lecteur tous les conseils nécessaires à une pratique efficace et sans risque.

Le coeur de l'ouvrage détaille, par zone anatomique, les mouvements fondamentaux, leurs pièges et leurs risques, et propose de nombreux conseils pratiques et des vidéos en ligne.

Trois pictos signalent :

les mouvements corrects ;

les mouvements réservés aux pratiquants confirmés ;

les mouvements dangereux.

Le dernier chapitre écrit par un médecin du sport détaille les pathologies médicales induites par la musculation.

Public : Médecins du sport, kinésithérapeutes, étudiants en STAPS et BE sportifs, mais également les entraîneurs, les coachs sportifs et les pratiquants assidus de musculation.

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