



Handbook of Sports Medicine and Science, Gymnastics (Olympic Handbook Of Sports Medicine)

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This new entry in the *Handbook of Sports Medicine and Science* series, published in partnership with the Medical Commission of the International Olympic Committee, and endorsed by the International Gymnastics Federation (FIG), offers comprehensive and practical guidance on the training and medical care of competitive gymnasts. Written and edited by leading trainers, team doctors, coaches and other professionals with unparalleled experience in elite gymnastics, this book covers all the key aspects of caring for gymnasts, minimizing the unique risks these athletes face, and treating injuries when they happen.

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