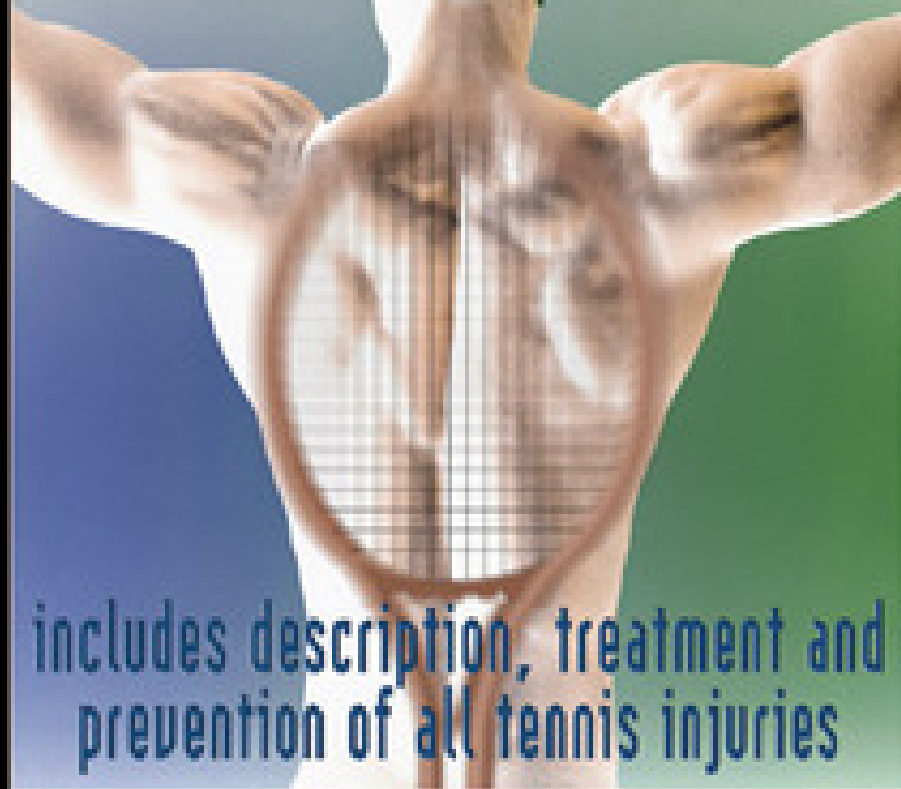


FROM BREAKPOINT TO ADVANTAGE

a practical guide to optimal
tennis health and performance



includes description, treatment and
prevention of all tennis injuries

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Marc Safran, M.D.

From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance

Babette Pluim

Muscle imbalance, microtrauma, inadequate recovery, and biomechanical compensations are among the pinnacle overall healthiness hazards that tennis avid gamers come upon once they compete and perform too much, a standard behavior between pros and avid players. This advisor to enjoying healthy tennis bargains descriptions and illustrations of the actual complexity of each tennis motion, demonstrating the fantastic array of power accidents threatening the unprepared player. Optimal functionality and occasional threat of damage are the pinnacle effects. From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance for From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance tennis gamers who adhere to the education program, right nutrition, and gear choice techniques during this sports medicine manual. Attention is given to the categorical actual hazards that juniors, veterans, female competitors, and wheelchair athletes could encounter.

From Breakpoint To Advantage A Practical Guide To Optimal Tennis Health And Performance

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