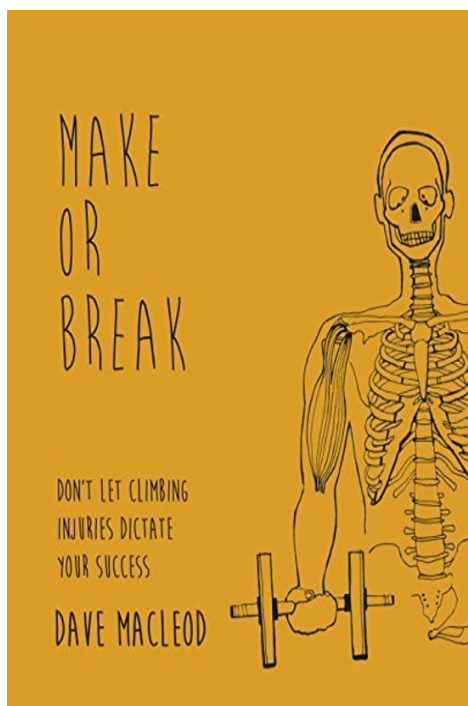


Obtenir des livres Make or Break: Don't Let Climbing Injuries Dictate Your Success

By Dave MacLeod



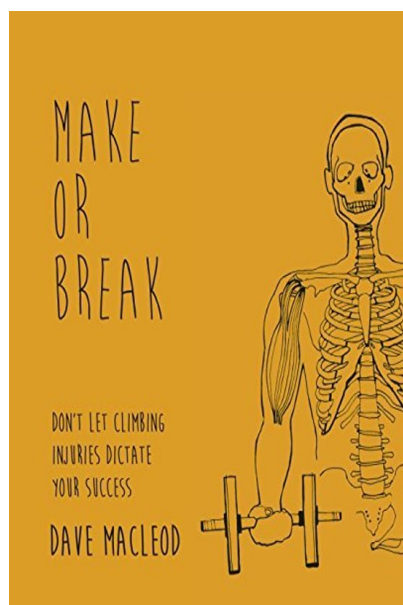
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Books Descriptions

As Wolfgang Gullich said, 'getting strong is easy, getting strong without getting injured is hard'. Sooner or later, nearly all climbers get injured and it will be injuries that ultimately dictate how far you get in climbing, if you let them. Unfortunately, the data shows it takes over a decade just to get small proportions of medical research adopted in regular practice. Sourcing reliable and up to date advice on preventing and treating finger, elbow, shoulder and other climbing injuries is challenging to say the least. You need to be the expert, because there are so many strands of knowledge and practice to pull together to stay healthy as a climber, and no single source of advice to cover all of these. The book draws together both the cutting edge of peer reviewed sports medicine research, and the subtle concepts of changing your climbing habits and routine to prevent and successfully recover from injuries. It is a handbook on how to take care of yourself as a lifelong climbing

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