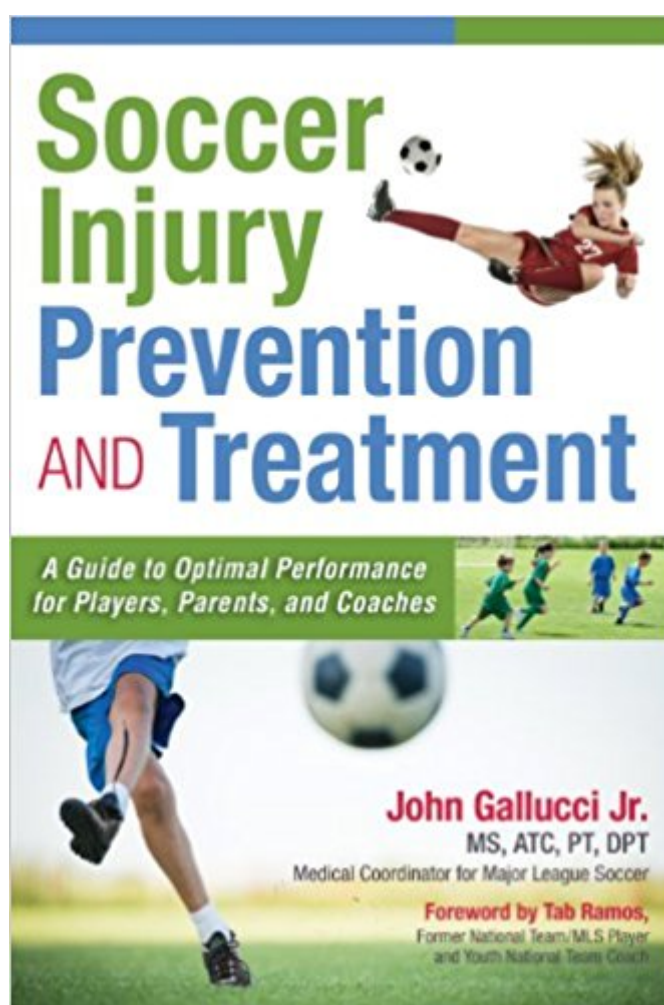


The book was found

Soccer Injury Prevention And Treatment: A Guide To Optimal Performance For Players, Parents, And Coaches



Synopsis

Written by the medical coordinator for Major League Soccer, a nationally recognized physical therapist who treats athletes of all ages and abilities, *Soccer Injury Prevention and Treatment* is a comprehensive, illustrated guide to the best training, strengthening, stretching, nutrition, and hydration regimens to keep athletes - both professional and recreational - safe and on the field. You'll learn: Ways to prevent the most common soccer injuries, including ACL tears, fractures, ankle sprains, calf strains, shin splints, and overuse injuries To identify the signs and symptoms of injury and when to seek treatment Common setbacks for children and youth How to reduce pain and stop nagging injuries from becoming chronic problems Return-to-play protocols for concussion and warning signs for serious brain injury Exercises to build endurance, flexibility, and power while protecting your body from harm The LESS program, a targeted lower-body strengthening plan to prevent injury "

Book Information

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Customer Reviews

John Gallucci Jr., MS, ATC, PT, DPT is the medical coordinator for Major League Soccer (MLS), overseeing the medical care of more than 600 professional soccer players, and the founder and president of JAG Physical Therapy, managing seven outpatient, physical therapy sports medicine centers in New Jersey. Gallucci serves as a medical resource to over 100 soccer clubs throughout New York and New Jersey for athletic training services, injury prevention education, and the highest quality sports-medicine physical therapy care as well as a sports medicine consultant for many NFL, NHL, NBA, MLB and MLS athletes. He has appeared on ESPN's award-winning "Outside the

Lines," Fox 5 News, and WFAN and been featured in the New York Daily News and First for Women, among numerous other media outlets. He lives in West Orange, NJ. Tab Ramos is a U.S. Soccer Federation U-20 Head Coach and former U.S. National Team All-Star.

There is no better expert in the field of sports injuries than John Gallucci. Over his years of experience with professional basketball, soccer, collegiate sports and youth sports --he has gained a tremendous knowledge what is best for athletes. John dishes out that knowledge in his new book and any parent or athlete would be foolish not to take advantage of his experience. John has seen all sorts of athletes with soccer injuries and gives great advice on treatment and how to prevent injuries. This is an easy read but very, very informative. I have given a copy to my three sons to read.

This book is good because it has a soccer focus and provides a lot of soccer-specific detail in most parts. It's only OK in that it reads like and is not that much different than an athletic training textbook. There are some things that are probably above the layman level and might not be explained well. You may need some prior experience with or training in care and prevention of athletic injuries to fully utilize this book. It would be good for soccer coaches at any level though.

I bought this book because my daughter got injured while playing soccer this year. Most of it was stuff that I already knew, but it was nice to be able to give her the book to read so that she knew that her mother and I were saying was true. Mysteriously her brother contracted all sorts of "injuries" because he saw how much attention she was getting and so I used the book to shut his whining and complaining down. :)

well written, John really knows his stuff.

Hott Review of Soccer Injury Prevention and Treatment: This is obviously not a reading book so, in some ways it's a bit difficult to review but overall it is a very helpful book. The medical terms are a bit over my head and I did have some trouble understanding some of what he's referencing at times throughout the book. However, this is something to keep on the shelf because as the mom of a soccer player and the wife of a coach I'm constantly on the sidelines watching and making sure that everyone is playing at their potential. This book has helped our players understand their muscles better and has given us, as parents, a better understanding of

what is acceptable and unacceptable pain and what to do about it. More
Author: John Gallucci, Jr., MS, ATC, PT, DPT
Source: Demos Medical Publishing via Netgalley
Grade: B

John Gallucci Jr.'s Soccer Injury Prevention and Treatment is a must read for coaches, players, and parents. The book serves as a great guide for not only learning of the injuries soccer players may face, but also great techniques on how to prevent and treat them. You may think that prevention and treatment may be difficult or confusing, however the book offers great images and diagrams so that this process is easy and simple to follow. The book is certainly a must-needed manual for all of those in the soccer industry.

I am the AD at St. Benedict's Prep in Newark. We have a long and outstanding soccer history. This book should be read by all soccer coaches at every age and level, John and his team at JAG have kept our players healthy for years and this book is just a continuation of his great work for the athletic community.

Easy to read. Dr. Gallucci gives great insight on how to manage your daily aches and pains, as well as what to do in the case of a more serious injury. Great guide for all ages and abilities!

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