



Sports Pilates: How to Prevent and Overcome Sports Injuries

Paul Massey

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More of us are participating in sports activities than ever before, whether as a recreational jogger, tennis player or as a weekend football player. As a result, sports injuries are now on the increase. In this definitive guide to sports injuries and their rehabilitation, Olympic Pilates instructor and physiotherapist Paul Massey shows how the majority of sports injuries are preventable and treatable using Pilates. Sport by sport, Paul identifies the most common injuries that occur, and reveals how to spot the signs

and symptoms of specific problems. Focusing on prevention and treatment, Paul's programme of clear illustrated exercises and professional treatment tips shows you how to integrate Pilates into your sporting activities. All the exercises are specific for a particular injury: some have been specially developed for maximum effectiveness in treatment. In an easy-to-follow format, whatever your age or fitness level, *Sports Pilates* is invaluable for all those who want to maximize their performance.

- Invaluable advice on injury prevention and treatment of common sports injuries from a top Olympic physiotherapist and Pilates instructor.
- Learn how to use Pilates to build your strength, perfect your balance and improve your performance.
- Previous editions of *Sports Pilates* have now sold over 15,000 copies.

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