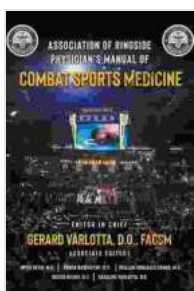


# Combat Sports Medicine: The Ultimate Guide to Preventing, Diagnosing, and Treating Injuries in Combat Sports

If you're a combat sports athlete, you know that injuries are a part of the game. But that doesn't mean you have to accept them as inevitable. With the right knowledge and care, you can prevent many injuries and recover quickly from those that do occur.

Combat Sports Medicine is the definitive guide to preventing, diagnosing, and treating injuries in combat sports. Renowned sports medicine physician Dr. David Chao has spent decades working with elite athletes in boxing, MMA, and other combat sports. This book is the culmination of his experience, and it offers a wealth of information that can help you stay healthy and injury-free.



## Combat Sports Medicine

★★★★☆ 4.1 out of 5

Language : English

File size : 36357 KB

Text-to-Speech : Enabled

Enhanced typesetting: Enabled

Print length : 368 pages



## What's Inside Combat Sports Medicine?

Combat Sports Medicine covers everything you need to know about combat sports injuries, including:

- The most common injuries in combat sports
- How to prevent these injuries
- How to diagnose and treat these injuries
- How to recover from these injuries

The book also includes a number of case studies and examples from Dr. Chao's own experience. These case studies provide real-world insights into the prevention, diagnosis, and treatment of combat sports injuries.

### **Who Should Read Combat Sports Medicine?**

Combat Sports Medicine is a must-read for any combat sports athlete, from beginners to professionals. It's also a valuable resource for coaches, trainers, and other healthcare professionals who work with combat sports athletes.

If you're serious about combat sports, you need to have a copy of Combat Sports Medicine. It's the ultimate guide to staying healthy and injury-free in this demanding sport.

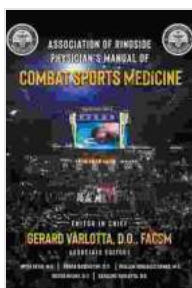
### **About the Author**

Dr. David Chao is a world-renowned sports medicine physician. He has worked with elite athletes in boxing, MMA, and other combat sports for over 20 years. Dr. Chao is also a clinical professor of orthopaedic surgery at the University of California, San Diego. He is the author of numerous articles and books on combat sports medicine, including the best-selling book "The Injury Bible for Combat Sports."

## Free Download Your Copy Today!

Don't wait another day to get your copy of Combat Sports Medicine. Free Download your copy today and start preventing, diagnosing, and treating combat sports injuries like a pro.

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### Combat Sports Medicine

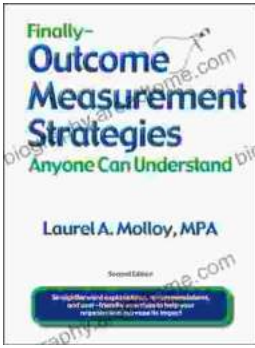
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