



Ivan Prothoy
Sylvain Pelloux-Prayer
Avec la participation de Frédéric Diepesse

MusculatIon

épidémiologie et
prévention des blessures



Connaitre les points clés des mouvements

Renforcer les muscles profonds

Eviter les mauvais gestes



Pathologies Med Induites Musculation Yvan Prothoy

Lei Huang



Pathologies Med Induites Musculation Yvan Prothoy:

Musculation : épidémiologie et prévention des blessures Sylvain Pelloux Prayer,Ivan Prothoy,Frédéric

Depiesse,2015-11-24 Tout sportif qui cherche progresser dans sa discipline a recours la musculation Apparemment simples les mouvements réalisés en salle sont pourtant complexes et nécessitent un apprentissage et un suivi médical spécifique Les blessures sont fréquentes d chirurgies musculaires entorses fractures et touchent les différentes régions anatomiques Fruit d une collaboration entre un coach sportif et un médecin du sport cet ouvrage offre au lecteur tous les conseils nécessaires une pratique efficace et sans risque Le coeur de l ouvrage détaille par zone anatomique les mouvements fondamentaux leurs pièges et leurs risques et propose de nombreux conseils pratiques et des vidéos en ligne Trois pictos signalent les mouvements corrects les mouvements réservés aux pratiquants confirmés les mouvements dangereux Le dernier chapitre écrit par un médecin du sport détaille les pathologies médicales induites par la musculation Public Médecins du sport kinésithérapeutes étudiants en STAPS et BE sportifs mais également les entraîneurs les coaches sportifs et les pratiquants assidus de musculation

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