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# Musculat

## épidémiologie et prévention des blessures



**Connaître les points clés des mouvements**

**Renforcer les muscles profonds**

**Éviter les mauvais gestes**



# Pathologies Med Induites Musculation Yvan Prothoy

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## **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'opérations 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 cœur 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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