

Boxing Medical Aspects: The Essential Guide for Every Cornerman, Coach, and Boxer

Boxing is a physically demanding sport that can result in a variety of injuries and illnesses. Boxers can suffer from cuts, bruises, sprains, strains, fractures, and dislocations. They can also develop more serious conditions, such as concussions, brain bleeds, and heart problems.



Boxing: Medical Aspects by Friedrich Unterharnscheidt

★★★★☆ 4.2 out of 5

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It is important for cornermen, coaches, and boxers to be aware of the medical risks associated with boxing and to know how to prevent, diagnose, and treat these conditions. Boxing Medical Aspects is the most comprehensive and up-to-date guide to the medical care of boxers.

This book provides a detailed overview of the injuries and illnesses that can occur in boxing, as well as the best practices for preventing, diagnosing, and treating these conditions. Boxing Medical Aspects is written by a team of experts in boxing medicine, including physicians, surgeons, and athletic trainers.

This book is essential reading for anyone involved in boxing, including cornermen, coaches, boxers, and parents of boxers. It is also a valuable resource for physicians and other healthcare professionals who care for boxers.

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Benefits of Reading Boxing Medical Aspects

- Learn how to prevent, diagnose, and treat boxing injuries and illnesses.

- Gain a better understanding of the medical risks associated with boxing.
- Improve your ability to care for boxers in the corner.
- Help your boxers achieve their full potential.

Free Download Your Copy Today

Boxing Medical Aspects is available now from Human Kinetics. Free Download your copy today and start learning how to protect your boxers from injuries and illnesses.

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