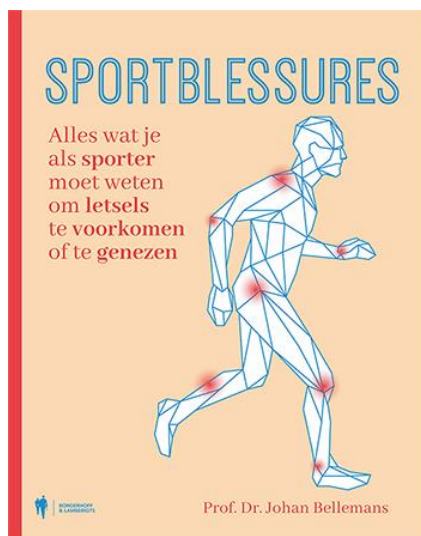


SANTASADŌ

Johan Bellemans - Sports Injuries

Everything you need to know as an athlete to prevent or heal injuries

HEALTH



No one knows more about the classic sports injuries than prof. dr. Johan Bellemans. He is a worldwide respected expert on sports injuries sustained by teens and adults. His book focuses both on prevention and the healing process.

The typical risk areas are discussed: shoulders, arms, wrist, elbow, back, pelvis, knees, upper and lower legs, ankles, and feet. But you will also learn much about the sports injuries that are not connected to one specific body regions, like contractures, muscle strains and tears, joint and cartilage injuries, and tendonitis.

How do you strengthen your body to prevent injuries and how do you heal and recover the best? Read all

about it in this Bible.

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- Full English translation available
- Dutch edition published by Borgerhoff & Lamberigts



ABOUT THE AUTHOR

Prof. Dr. Johan Bellemans is a world known expert in sports injuries, knee surgery and musculoskeletal pathology. He has treated athletes from all over the world, including more than 30 Olympic medalists, as well as numerous World Champions, European champions and continental Champions of almost every sports discipline. He and his group have received world-wide attention on their discovery and description of the anterolateral ligament,

which has been one of the most important breakthroughs in sports injuries of the knee during the last decade.

Prof. Bellemans has received several awards from the most prestigious scientific institutions on Orthopedic Sports Medicine. He has given more than a thousand lectures around the globe, including North America, India, Japan, the Middle-East, South-Africa and the Pacific region, and has published more than 240 international peer-reviewed papers.

Prof. Bellemans is director of Grit Belgian Sports Clinic, where athletes from all over the world are treated. He is a former lecturer and Professor at the Faculty of Medicine of the Catholic University Leuven and University of Hasselt, where he has tutored and trained both medical as well as physiotherapy students. He is long-term reviewer and past board member of several international scientific societies in the domain of sports injuries and knee surgery, and was president of the European Knee Society.

He was also Medical Director of the Belgian Olympic Team for the 2012 Olympic Games in London, the 2016 Olympic Games in Rio de Janeiro, the 2021 Olympic Games in Tokyo, as well as for the Winter Olympic games in Pyeong-Chang 2018 and Beijing 2022.

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