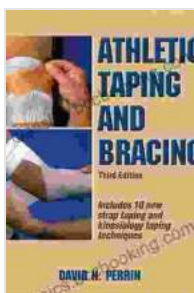


Athletic Taping and Bracing by David Perrin: A Comprehensive Guide to Prevent and Treat Sports Injuries

Athletic taping and bracing are essential techniques for preventing and treating sports injuries. These methods provide external support to joints, muscles, and tendons, helping to stabilize and protect them during physical activity. In his comprehensive book, "Athletic Taping and Bracing," esteemed physical therapist David Perrin offers an in-depth guide to these crucial techniques, empowering readers to take proactive steps in safeguarding their bodies.



Athletic Taping and Bracing by David H. Perrin

★★★★☆ 4.4 out of 5

Language : English
File size : 9776 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 152 pages
Lending : Enabled



Key Features and Benefits

- Step-by-step instructions on over 100 taping and bracing techniques for various injuries

- Detailed anatomical drawings and full-color photographs for clear visualization
- Expert insights on the mechanisms of injury and the role of taping/bracing in prevention and rehabilitation
- Specific recommendations for different sports and activities
- Guidance on selecting the appropriate materials and equipment

In-Depth Content Overview

The book is divided into three main sections, each covering a different aspect of athletic taping and bracing:

1. **Fundamentals of Taping and Bracing:** This section provides a comprehensive overview of the basic principles and techniques of athletic taping and bracing. It covers topics such as tape selection, application methods, and common mistakes to avoid.
2. **Upper Extremity Taping and Bracing:** This section focuses on taping and bracing techniques for the shoulder, elbow, wrist, hand, and fingers. It includes detailed instructions for treating specific injuries, such as tennis elbow, carpal tunnel syndrome, and sprains.
3. **Lower Extremity Taping and Bracing:** This section covers taping and bracing techniques for the ankle, knee, calf, thigh, and foot. It includes instructions for treating injuries such as ankle sprains, plantar fasciitis, and patellofemoral pain syndrome.

Each section includes detailed step-by-step instructions, accompanied by clear anatomical drawings and full-color photographs. Perrin also provides

expert commentary on the rationale for each technique, explaining the biomechanical principles involved and the expected outcomes.

Target Audience

"Athletic Taping and Bracing" is an indispensable resource for a wide range of individuals involved in sports and physical activity:

- Athletes at all levels, from recreational to professional
- Coaches, trainers, and physical therapists
- Students in athletic training and sports medicine programs
- Individuals interested in preventing and treating sports injuries

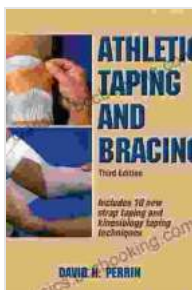
Author's Expertise

David Perrin is a highly respected physical therapist with over 20 years of experience in sports medicine. He has worked with athletes of all levels, including Olympic medalists and professional teams. Perrin is also a sought-after lecturer and author, known for his clear and concise teaching style.

"Athletic Taping and Bracing" by David Perrin is an essential guide for anyone involved in sports and physical activity. Its comprehensive content, expert insights, and detailed instructions empower readers to prevent and treat sports injuries effectively. This invaluable resource will be a trusted companion for athletes, coaches, trainers, and anyone seeking to safeguard their physical well-being.

Call-to-Action

Free Download your copy of "Athletic Taping and Bracing" today and gain the knowledge and skills to protect yourself and your loved ones from sports injuries. This comprehensive guide will empower you to take control of your physical health and achieve peak performance.



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