



## Tennis Injury Handbook: Professional Advice for Amateur Athletes

By Allan M. Levy

Wiley. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 8.8in. x 5.9in. x 0.6in. A very comprehensive and well-written book about the most common tennis injuries. I certainly wish something like this had been available 25 years ago. --Fred Stolle, member of the International Tennis Hall of Fame. Maintaining fitness is a high priority for people of all ages, especially those of us addicted to tennis. This book can help you improve not only your game but your quality of life as well. --David N. Dinkins, USTA and USPTR Board Member and former mayor of New York City. It would be hard to find a more comprehensive or comprehensible guide to preparing for tennis play, not to mention preventing and treating tennis injuries. Every tennis player--beginning, intermediate, and advanced--could benefit from Dr. Levys and Mark Fuersts efforts. --Shimon-Craig Van Collie, author of Tennis: The Lifetime Sport. From the authors of the classic Sports Injury Handbook, this top-notch manual of easy-to-follow tennis dos and donts is all you need to prevent injuries, treat common symptoms, and improve your conditioning, flexibility, and strength, so you can pick up the pace on your serve or unload a return that wont come back. Dr. Allan...

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