



# Surfing & Health

*Joel Steinman*

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**Surfing & Health** Joel Steinman

SURFING& HEALTH is a must for surfers and all health professionals related with this fantastic sport.

Surfing and Health offers a fundamental and complete A to Z guide covering all major aspects of surfers health; It offers expert medical advice on acute and chronic surfing injuries, including treatment, rehabilitation and preventative strategies based on PILATES- core training exercises.

Surfing and Health includes topics on surfers Travelers Disease; Hypothermia; Skin cancer prevention; Shark attacks and others marine animals accidents; women surfing; and deep information on physical training; nutrition advice; psychological strategies to improve concentration and performance. The book includes a First Aid chapter for beach assessment and intervention.

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