



The Gymnast Care Book on Injuries: At home and in the gym treatment of the most common gymnastics injuries

Dr. Joshua P Eldridge

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The Gymnast Care Book on Injuries gives you a plan of action for your gymnast's injury that you can put into place today, with easy to follow, proven protocols for the most common gymnastics injuries.

There is very little information widely available on gymnastics injuries, and you can be left guessing what the best course of action can be for your gymnast. As a parent or coach, you have been to many different providers looking for answers for your gymnasts without much help. This can be extremely frustrating.

The Gymnast Care Book on Injuries gives you easy to use, simple to follow, practical protocols that you can put into place today to get your athlete healthier and stronger than before.

We've put our proven protocols for ankle, heel, knee, hip flexor, back, wrist, nutrition, and head injuries into the **Gymnast Care Book on Injuries** so you can know what the leaders in gymnastics injuries are using every day to get their gymnasts back into the gym.

All of the protocols for core strength, landing technique, and other injuries are the same ones used by the professionals that work with the worlds best athletes: Olympians.

Get your **Book on Injuries** TODAY! This book is not only packed full of amazing information, it's also a beautifully designed book, with amazing pictures and easy to follow protocols proven to work.

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