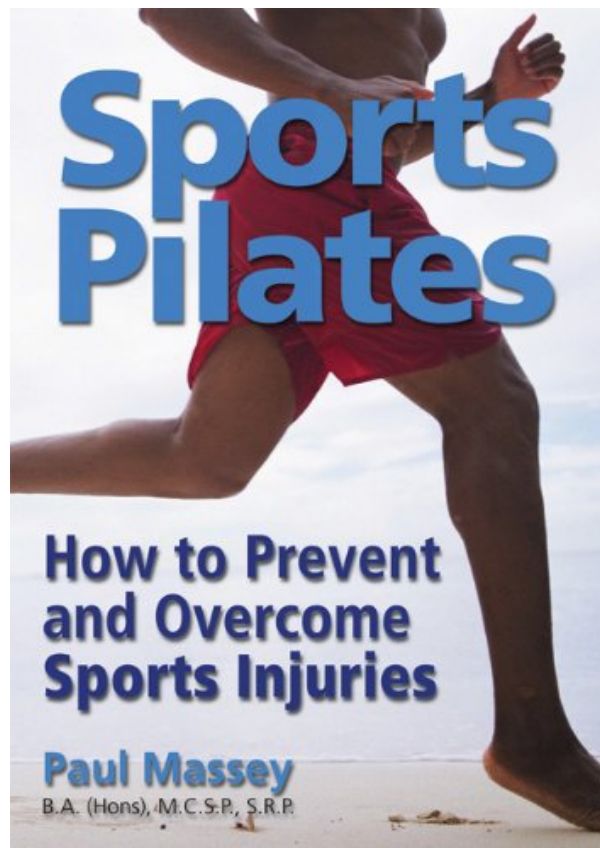
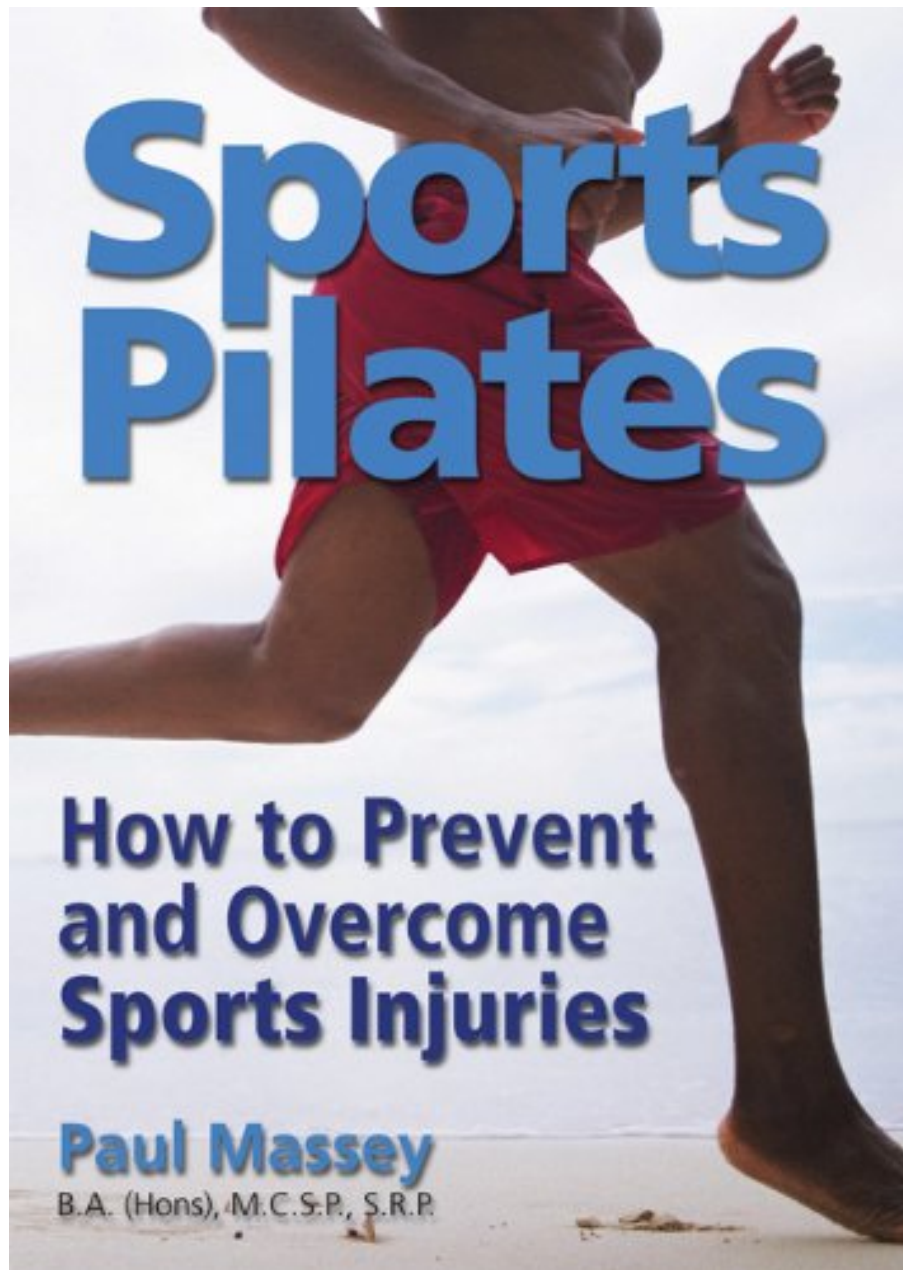


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Paul Massey is a chartered physiotherapist who practises internationally and advises British Airways on their in-flight exercise programme. Currently the Pilates expert of the UK Olympic Swimming team and the Injury Prevention advisor to the Royal Ballet, he has worked worldwide for the last 15 years with both male and female sports stars. His previous books include *Body Control Pilates Back Book* (Pan Macmillan).

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Packed with helpful advice on prevention and treatment of any sports injury, Sports Pilates is a comprehensive sports therapy manual on avoiding and treating a huge range of injuries. More of us are participating in sports activities than ever before, whether as a recreational jogger, tennis player or as a weekend football player. As a result, sports injuries are now on the increase. In this definitive guide to sports injuries and their rehabilitation, Olympic Pilates instructor and physiotherapist Paul Massey shows how the majority of sports injuries are preventable and treatable using Pilates. Sport by sport, Paul Massey identifies the most common injuries that occur, and reveals how to spot the signs and symptoms of specific problems. Focusing on prevention and treatment, Paul Massey's programme of clear illustrated exercises and professional treatment tips shows you how to integrate Pilates into your sporting activities. All the exercises are specific for a particular injury: some have been specially developed for maximum effectiveness in treatment. In an easy-to-follow format, whatever your age or fitness level, Sports Pilates is invaluable for all those who want to maximize their performance.

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