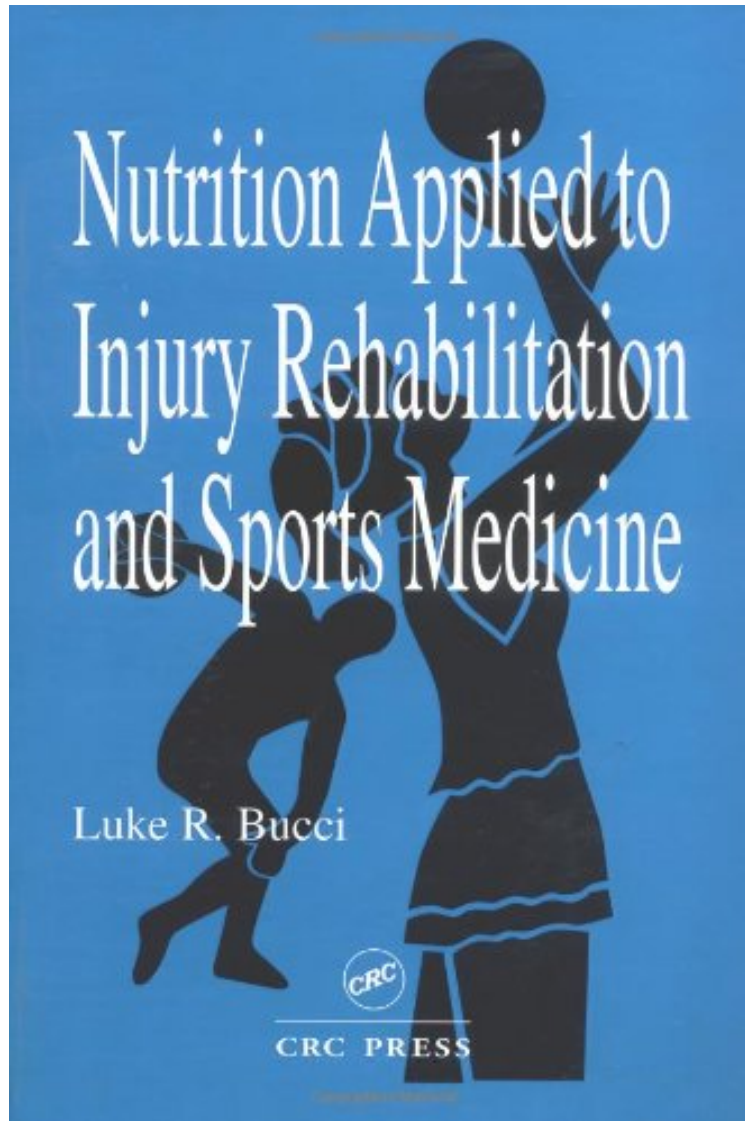


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Nutrition Applied to Injury Rehabilitation and Sports Medicine (Nutrition in Exercise Sport)

Luke R. Bucci

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Luke R. Bucci : Nutrition Applied to Injury Rehabilitation and Sports Medicine (Nutrition in Exercise Sport) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Nutrition Applied to Injury Rehabilitation and Sports Medicine (Nutrition in Exercise Sport):

3 of 3 people found the following review helpful. DisappointedBy CarolAs a Registered Dietitian I was looking for some practical information regarding rehabilitative medicine. 3/4's of this book is basic nutrition. Only 1/4 of this book

actually only barely touches rehabilitative medicine. I am so glad I didn't pay full price. I am disappointed. 0 of 0 people found the following review helpful. very worthwhile addition to my library of nutrition related to the musculoskeletal system
By dragonfly
Contrary to Carol's review, I found this book to be excellent and I have almost 40 years of experience in nutrition and in working in rehabilitation. The referencing is extensive and the applications are there if one looks for them. The book was cutting edge information in 1994 but could be updated now, especially with regards to diet for chronic pain and general anti-inflammatory diet information. The price is high, however. When I bought the book, it was expensive but not this expensive.

This timely and exciting new book brings together for the first time the readily available choices of dietary supplements and their relationship to injury rehabilitation. *Nutrition Applied to Injury Rehabilitation and Sports Medicine* supports the rational use of specific nutrients for specific healing conditions. Guidelines for nutritional programs applied to specific conditions are provided for practical application.

Several factors make this an excellent text. The author has presented a vast array of supporting research; in fact, 1,381 articles are referenced...specific findings are often summarized in tables, which I found very helpful. Finally, I appreciated the wide array of identified musculoskeletal disorders and the discussion of clinical relevance of the research.- A. Lynn Millar, *JOSPT*, 23(5) May 1996