

## Mini Atlas de Lesiones deportivas: Full ilustrado (Spanish Edition)



Lesiones en el deporte Las lesiones deportivas son lesiones que ocurren durante la práctica de un deporte o durante la actividad física. Algunas ocurren accidentalmente o por exceso de entrenamiento. Otras el resultado de prácticas inadecuadas del entrenamiento. Algunas personas se lastiman cuando no están en buena condición física. En muchos casos, las lesiones se deben a la falta o escasez de ejercicios de calentamiento antes de hacer ejercicio. Índice: Lesiones deportivas más frecuentes, que afectan al aparato locomotor. Fútbol Tenis Basquetbol Voleibol Golf Ciclismo Boxeo Fútbol Americano Natación Músculos De La Espalda Patología Muscular Cervical Y Dorsal Alta Patología Muscular Dorsal Media Y Baja Afecciones Musculares De La Escapula Afección Muscular Lumbar Ejercicios De Estiramiento Y Fortalecimiento Muscular Lesiones Del Tobillo Tobillo Del Futbolista Lesiones Laterales Desgarro Del Ligamento Peroneoastagalino Anterior Desgarro Del Ligamento Calcaneoperoneo Anatomía Del Tobillo Lesiones De La Sindesmosis Bursitis Aquilea Lesiones Mediales Ligamentos De La Rodilla Descripción Anatómica Mecanismos De Las Lesiones Rotura Del Ligamento Lateral Externo Rotura Del Ligamento Lateral Interno Artroscopia Rotura Del Ligamento Cruzado Anterior Rotura Del Ligamento Cruzado Posterior Por Rotación o Torsión

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