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# Injury Prevention and Rehabilitation in Sport

By Ross Bennett

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Injury Prevention and Rehabilitation in Sport examines the key factors at play in the reduction and prevention of injury

to athletes at all levels of sport The book combines the latest scientific research with a critical review of current literature and the author's own personal experience working in the field of strength and conditioning at elite level to explain why certain modalities should or should not be prescribed by strength and conditioning coaches About the Author Ross Bennett was an aspiring soccer player registered with a number of premier league soccer clubs as a youth team player but after injury and lack of progression he decided to enter the academic world In 2008 he enrolled on the BSc

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