



# From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance

*By Babette Pluim M.D. Ph.D, Marc Safran M.D.*

Download now

Read Online ➔

## **From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance** By Babette Pluim M.D. Ph.D, Marc Safran M.D.

Muscle imbalance, microtrauma, insufficient recovery, and biomechanical compensations are among the top health risks that tennis players encounter when they compete and practice too much, a common habit among professionals and avid players. This guide to playing healthy tennis offers descriptions and illustrations of the physical complexity of every tennis motion, demonstrating the astonishing array of potential injuries threatening the unprepared player. Optimal performance and low risk of injury are the top results for tennis players who adhere to the training program, proper nutrition, and equipment selection recommendations in this sports medicine manual. Consideration is given to the specific physical risks that juniors, veterans, female competitors, and wheelchair athletes may encounter.

↓ [Download From Breakpoint to Advantage: A Practical Guide to ...pdf](#)

📖 [Read Online From Breakpoint to Advantage: A Practical Guide ...pdf](#)

# From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance

*By Babette Pluim M.D. Ph.D, Marc Safran M.D.*

**From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance By Babette Pluim M.D. Ph.D, Marc Safran M.D.**

Muscle imbalance, microtrauma, insufficient recovery, and biomechanical compensations are among the top health risks that tennis players encounter when they compete and practice too much, a common habit among professionals and avid players. This guide to playing healthy tennis offers descriptions and illustrations of the physical complexity of every tennis motion, demonstrating the astonishing array of potential injuries threatening the unprepared player. Optimal performance and low risk of injury are the top results for tennis players who adhere to the training program, proper nutrition, and equipment selection recommendations in this sports medicine manual. Consideration is given to the specific physical risks that juniors, veterans, female competitors, and wheelchair athletes may encounter.

**From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance By Babette Pluim M.D. Ph.D, Marc Safran M.D. Bibliography**

- Rank: #2064728 in Books
- Brand: Brand: Ursa
- Published on: 2004-09-01
- Original language: English
- Number of items: 1
- Dimensions: 11.00" h x .91" w x 8.50" l, 2.36 pounds
- Binding: Paperback
- 352 pages

 [Download From Breakpoint to Advantage: A Practical Guide to ...pdf](#)

 [Read Online From Breakpoint to Advantage: A Practical Guide ...pdf](#)

## **Download and Read Free Online From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance By Babette Pluim M.D. Ph.D, Marc Safran M.D.**

---

### **Editorial Review**

#### **Review**

"A definitive tennis medicine resource book." —Brian Hainline, chief medical officer, U.S. Open Tennis Championships

"At the top levels, I need to be faster and more accurate than the other guy. Any injury is an obstacle on my way to the top. This book is a good tool to better prevent and treat injuries. Every coach, therapist, player, and parent should know what's inside it." —Juan Carlos Ferrero, French Open champion

"Forty years of experience and ten years on the ATP Tour have taught me that players are careless with their bodies. The take-home message of this book is to take better care of your body, because you only have one!" —Jan Naaktgeboren, physiotherapist, Dutch Davis Cup Team

#### **About the Author**

Babette Pluim, M.D., Ph.D, is a sports physician and medical director of the Royal Netherlands Lawn Tennis Association. She is the editor of the newsletter Medicine and Science in Tennis, a coeditor of Tennis Medicine for Tennis Coaches, and a contributor to the IOC Handbook of Sports Medicine and Science: Tennis. Marc Safran, M.D., is a board-certified orthopedic surgeon specializing in sports medicine and biomechanics. He is the coauthor of Instructions for Sports Medicine Patients and The Spiral Manual of Sports Medicine. He lives in San Francisco, California.

### **Users Review**

#### **From reader reviews:**

##### **Mildred Ortiz:**

As people who live in the modest era should be revise about what going on or facts even knowledge to make them keep up with the era that is always change and move forward. Some of you maybe will certainly update themselves by looking at books. It is a good choice for you but the problems coming to a person is you don't know which one you should start with. This From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance is our recommendation to make you keep up with the world. Why, because book serves what you want and wish in this era.

##### **Christopher Hunnicutt:**

Nowadays reading books are more than want or need but also get a life style. This reading practice give you lot of advantages. The benefits you got of course the knowledge the actual information inside the book that improve your knowledge and information. The details you get based on what kind of publication you read, if you want send more knowledge just go with schooling books but if you want truly feel happy read one with

theme for entertaining including comic or novel. Typically the From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance is kind of book which is giving the reader capricious experience.

#### **Laurence Terry:**

Hey guys, do you would like to finds a new book to learn? May be the book with the concept From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance suitable to you? Often the book was written by well-known writer in this era. Typically the book untitled From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance is one of several books that everyone read now. This specific book was inspired a number of people in the world. When you read this publication you will enter the new shape that you ever know before. The author explained their thought in the simple way, and so all of people can easily to comprehend the core of this guide. This book will give you a wide range of information about this world now. To help you to see the represented of the world in this particular book.

#### **Joseph Lafond:**

You can get this From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance by check out the bookstore or Mall. Just simply viewing or reviewing it can to be your solve issue if you get difficulties for ones knowledge. Kinds of this book are various. Not only by means of written or printed and also can you enjoy this book through e-book. In the modern era including now, you just looking of your mobile phone and searching what their problem. Right now, choose your own personal ways to get more information about your publication. It is most important to arrange you to ultimately make your knowledge are still revise. Let's try to choose proper ways for you.

**Download and Read Online From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance By Babette Pluim M.D. Ph.D, Marc Safran M.D. #RDZ71N3092L**

# **Read From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance By Babette Pluim M.D. Ph.D, Marc Safran M.D. for online ebook**

From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance By Babette Pluim M.D. Ph.D, Marc Safran M.D. Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance By Babette Pluim M.D. Ph.D, Marc Safran M.D. books to read online.

## **Online From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance By Babette Pluim M.D. Ph.D, Marc Safran M.D. ebook PDF download**

**From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance By Babette Pluim M.D. Ph.D, Marc Safran M.D. Doc**

**From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance By Babette Pluim M.D. Ph.D, Marc Safran M.D. Mobipocket**

**From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance By Babette Pluim M.D. Ph.D, Marc Safran M.D. EPub**

**RDZ71N3092L: From Breakpoint to Advantage: A Practical Guide to Optimal Tennis Health and Performance By Babette Pluim M.D. Ph.D, Marc Safran M.D.**