

Sick

Surfers

ASK THE
**SURF DOGS
& Dr. GEOFF**

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Sick Surfers Ask The Surf Docs And Dr Geoff

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Sick Surfers Ask The Surf Docs And Dr Geoff:

Surfing & Health Joel Steinman, 2009-06-01 Expert medical advice Treatment of injuries Nutrition for surfers THE BOOKS *Surfing Health* is a must for surfers and all health professionals related to this fantastic sport Offering a fundamental and complete A to Z guide covering all major aspects of surfers health it offers expert medical advice on acute and chronic surfing injuries including treatment rehabilitation and preventative strategies based on PILATES core training exercises This book includes topics on travelers disease hypothermia skin cancer prevention shark attacks and other marine animal accidents women s surfing and in depth information on physical training nutrition advice psychological strategies to improve concentration and performance The book also includes a first aid chapter for beach assessment and intervention The Girl's Guide to Surfing Andrea McCloud, 2011-07-22 The Girl s Guide to Surfing delivers all a girl needs to score the wave of her choice The surfing population has recently exploded and women are in the water more than ever For all these hearty souls author Andrea McCloud delivers down to earth instruction and indispensable advice Find out what kind of surf equipment is specifically right for women and how to get it Learn how to read local breaks and tides for catching the right wave at the right spot Get the lowdown on surf etiquette to avoid getting yelled at or worse crashing into someone And hear war stories from the pros about how they learned to surf how they conquer fear and what it s like to pull into a fat tube Featuring loads of informative illustrations sidebars and tips The Girl s Guide to Surfing is the bible for any girl who wants to catch a wave *Surf Survival* Andrew Nathanson, Clayton Everline, Mark Renneker, 2019-07-02 Three expert physicians surfers trained in emergency medicine sports medicine and family medicine explain everything you need to know to stay safe in the water Whether you re a novice or an expert an SUPER or a bodyboarder *Surf Survival* is the only book that every surfer must have in his or her backpack car and beach house This practical handbook explains everything from how to reduce a shoulder dislocation to understanding waves and currents from how to treat jellyfish stings to how to apply a tourniquet Whether you are surfing a crowded beach in California or a remote island in Indonesia be prepared to handle surfing related emergencies from hypothermia and drowning to wound care and infections Topics include Fitness for surfers Prevention and rehabilitation of common overuse injuries Wilderness first aid Surviving the sun Surf travel medicine Surviving big surf SUP Surfer s ear And much much more Written by three expert physician surfers packed with color photos and illustrations this is the authoritative medical guide for surfers and watermen **Surfing** Douglas G. Booth, 2011-02-18 This guide showcases the world of extreme surfing describing the unique culture associated with this daredevil s sport providing insights into what makes the top riders tick explaining the science of big waves and more The Pipeline in O ahu Hawaii Maverick s Point in northern California Ours near Sydney Australia All over the world extreme surfers risk severe injury or even death from riptides shark attacks and collisions with the seabed itself just to experience the ultimate high from tackling and triumphing over one of the most powerful forces on earth *Surfing The Ultimate Guide* explains the culture of extreme surfing including

the often violent locals only mentality and analyzes the dangers involved in riding the world's biggest and most ferocious waves. The author examines the history of extreme surfing including past and contemporary heroes, the science of giant waves, the technical criteria for riding them, and the future of big wave riding. *Surfer*, 2003. **The Encyclopedia of Surfing** Matt Warshaw, 2005. With 1,500 alphabetical entries and 300 illustrations, this resource is a comprehensive review of the people, places, events, equipment, vernacular, and lively history of this fascinating sport. **Sick Surfers Ask the Surf Docs & Dr. Geoff** Mark Renneker, Kevin Starr, Geoff Booth (M.D.), 1993. This book gives surfers the answers they need now. How to prevent surfing's health problems. Diagnosing yourself and on the beach treatment techniques. What to do when you can't solve the problem yourself. The book is easy to use, fun to read, and gives fast and complete answers. Written in surfer's language by hard-core surfer physicians from the infamous surfing doctor's health columns of *Surfer* magazine and Australia's *Tracks*. Some of the topics covered include CPR and Rescue Techniques for Surfers, Sharks and Other Critters, Surfer's Ear and Eye Problems, Back, Knee, Skin, and Shoulder Problems, Surf Travel, Medicine, Nutrition. **Berkshire Encyclopedia of World Sport** David Levinson, Karen Christensen, 2005. Contains articles that provide information on topics related to sports around the world, covering college sports, the culture of sports, sporting events, health and fitness, nations, media, the sports industry, types of sports, sports theories, and sport in society, arranged alphabetically from Academics to Dance.

Forthcoming Books Rose Arny, 1994-04. **The Publishers Weekly**, 1993. **The Cumulative Book Index**, 1995. A world list of books in the English language. Books In Print 2004-2005 Ed Bowker Staff, Staff Bowker, Ed, 2004.

American Book Publishing Record Cumulative 1993 R R Bowker Publishing, 1994-03. Cited in BCL3 Sheehy and Walford. Compiled from the 12 monthly issues of the ABPR, this edition of the annual cumulation lists by Dewey sequence some 41,700 titles for books published or distributed in the US. Entry information is derived from MARC II tapes and books submitted to R R Bowker and Subject Guide to Books in Print, 1991. **Whitaker's Books in Print**, 1998. *Cue*, 1966.

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