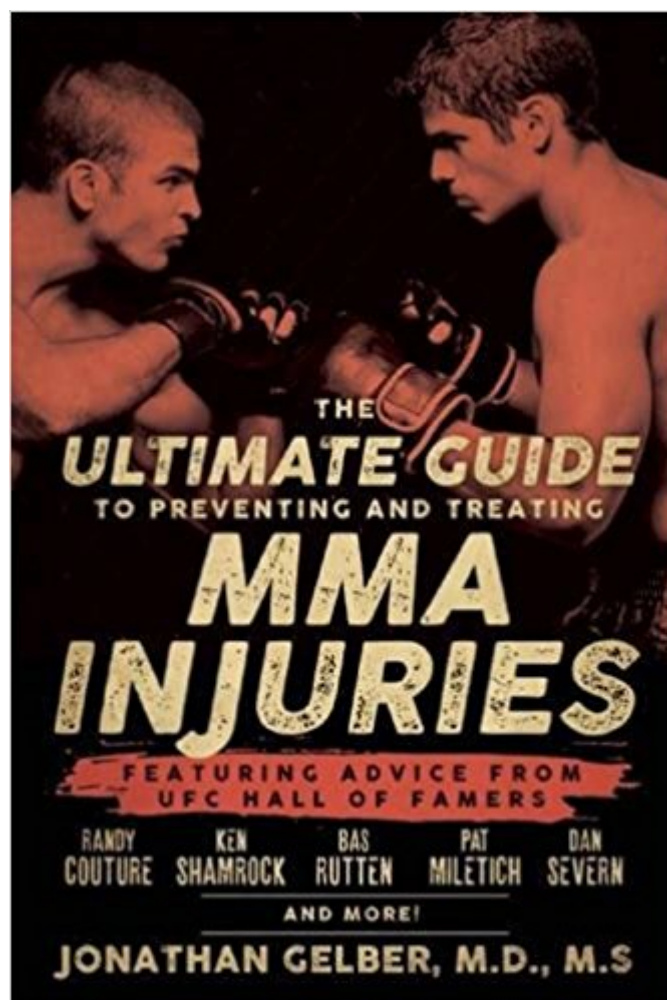


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# **The Ultimate Guide To Preventing And Treating MMA Injuries: Featuring Advice From UFC Hall Of Famers Randy Couture, Ken Shamrock, Bas Rutten, Pat Miletich, Dan Severn And More!**





## Synopsis

Essential advice for fans and fighters MMA is one of the world's fastest-growing sports. The Ultimate Guide to Preventing and Treating MMA Injuries offers professional and amateur fighters and fans alike the sound professional advice they need to prevent and treat injuries, find a good training camp and partners, train smarter • not harder • and choose the right equipment. Dr. Jonathan Gelber translates complicated medical topics into a guide full of practical, easy-to-follow information, complete with step-by-step photos and diagrams. From joint injuries to preventing infection, from muscle strains to the hot topic of head injuries and concussions, Dr. Gelber outlines all the need-to-know details. Featuring advice from more than 40 UFC Hall of Famers and champions, as well as many of MMA's top athletes and elite trainers, The Ultimate Guide to Preventing and Treating MMA Injuries is a must-have for anyone serious about today's fight game.

## Book Information

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## Customer Reviews

“As a lifelong athlete and now MMA coach, I know it is absolutely necessary to understand every aspect of combat sports, including injury prevention. Dr. Gelber's book is required reading for all combat athletes and coaches that want to reach their highest potential in the rugged world of competitive fighting.”  
—Greg Nelson, head coach of UFC champions Sean Sherk and Brock Lesnar  
“Dr. Jon Gelber's book is full of interesting behind-the-scenes stories and a must-have for any MMA athlete that wants to prolong their career.”  
—Javier Mendez, head coach AKA and UFC Champions Cain Velasquez and

Daniel Cormier&#147;MMA is a very young sport. The evolution of MMA, along with both the training and physical therapy regimens, is taking place at a highly accelerated rate. Dr. Jonathan Gelber does an outstanding job of translating complicated terminology into easy-to-read layman terms for the first-time enthusiast or the veteran practitioner. Simple and easy-to-follow diagrams will help all levels of combat sport athletes in reducing injuries through proper exercise and healing some of the sports&#147; more common afflictions. I highly recommend this book to anyone wishing to make MMA a part of their life.&#147; Big John McCarthy&#147;Advice from professionals for professionals. This book is a guide for the long journey to becoming a championship fighter.&#147; Carlos Newton, UFC Welterweight Champion&#147;A great book with great advice that will help every athlete train smarter and perform better.&#147; Mike Winkeljohn, head striking coach elite Jackson-Winkeljohn MMA camp&#147;This book is a wealth of knowledge and advice on the prevention and treatment of MMA injuries &#147; not only from the author Dr. Jon Gelber, but also by an amazing amount of fighters and trainers. I wish I would have known all the &#147;prevention tips&#147; found in this book when I was competing. It would have saved me a lot of pain!&#147; Bas Rutten, UFC Hall of Famer and Heavyweight Champion, 3x King of Pancrase&#147;This book takes serious information on how to prevent and treat MMA injuries and relates it in an easy-to-read fashion with a myriad of interesting stories from the top stars of the MMA world. Not only a &#147;must read&#147; for any practitioner of martial arts, but a great book for all fans of MMA.&#147; Jon J. Franklin, CEO Glory Kickboxing&#147;Gelber did a fantastic job giving readers a crash course in human anatomy and what happens when various parts of the body become damaged. The bottom line: If you&#147;re a young fighter starting out or an established combat sports veteran, the book provides a roadmap to avoiding mistakes that could have dire consequences.&#147; Sherdog.com

Jonathan Gelber, M.D., M.S., received his medical degree from the Mount Sinai School of Medicine in New York City and a Masters degree in biomedical engineering from Columbia University. He was trained in orthopedic surgery at Harbor-UCLA Medical Center and completed a sports medicine fellowship at the world-renowned Cleveland Clinic. A lifelong interest in combative sports has led him to a black belt in Shito-Ryu Karate, a blue belt in Gracie Jiu-Jitsu, and to become the founder of both FightMedicine.net and the Mixed Martial Arts Research Society. He has written numerous articles for MMA websites and magazines. He lives in New York.

I purchased this book about 3 weeks ago and plan on sharing it with several friends that train for MMA. This is truly a great read if you are interested in Preventing and Treating injuries. MMA fighters are some of the toughest people in the world but when your injured it can delay your training. Every MMA fighter should read this because they will all get some type of injury throughout their career. It can help you extend your career or just keep you on the mat and that's what all fighters want.

I joined the Muay Thai program at Renzo Gracie a year ago and love everything I'm discovering about martial arts! This book is extremely valuable and easy to read and refer to when issues arise during training. As a sports massage therapist and future acupuncturist I am constantly seeing patients come in with questions about how their training may lead to injuries. This is an excellent book to share with them! I especially love the section on knee injury prevention exercises!

This book is a must read for anybody who trains mma, cardio kickboxes or simply a UFC enthusiast. Dr. Gelber has put together an excellent book of knowledge and resources for all who kick box. The book is a fun, easy read and can be referred back to at any time when new issues arise. As a physical therapist and mixed martial artist, I find myself constantly dealing with and treating a variety of injuries with limited resources of knowledge out there. This book has numerous sections to cover all body parts with interviews from the pioneers of the sport and stars of today with pictures of an at the time relatively unknown Stipe Miocic, who recently became the UFC heavyweight champion.

Fabulous book! Great information! The author made it very enjoyable and loved reading it. He has a knack for imparting facts in a easy to read format.

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