

# Escalade: Pathologies De La Main Et Des Doigts

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Malgre leur petite taille et leur fragilite, les doigts sont les outils essentiels la progression du grimpeur. La multiplicite des lesions possibles et leur " reparation " nous ont amenes realiser cet ouvrage. Realiser le lien medecine terrain est notre objectif. La recherche scientifique et medicale peut apporter un regard different sur la pratique et sur l entrainement. La collaboration medecin specialiste entraneur, toute au benefice des sportifs, permet de limiter les risques de lesion et d avancer dans le domaine de l entrainement. Notre ouvrage doit permettre au sportif, l entraneur, de comprendre la consultation medicale ; nous voulons egalement apporter une reflexion sur le deroulement de la pratique. Dans le domaine medical, l explication des forces exercees sur les doigts et les mouvements doit permettre une meilleure comprehension des circonstances de la lesion et donner au grimpeur des indications sur la reprise de l entrainement. EAN/ISBN : 9782817800073 Publisher(s): Springer, Berlin, Springer, Paris Discussed keywords: Rehabilitation Format: ePub/PDF Author(s): Gnecchi, Sbastien - Moutet, Francois

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