



The Ultimate Guide to Preventing and Treating MMA Injuries

Dr. Jonathan Gelber

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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.

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