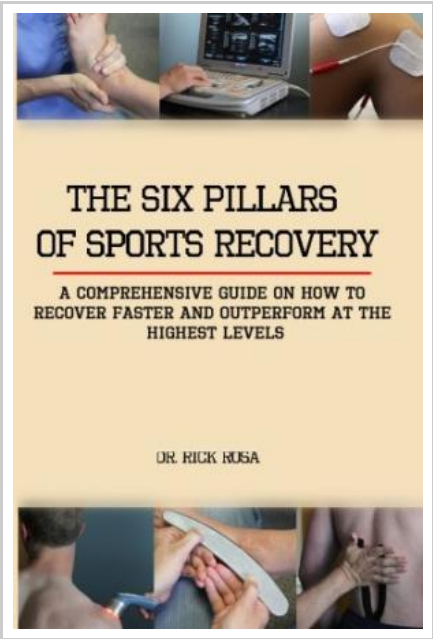


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The Six Pillars of Sports Recovery: A Comprehensive Guide on How to Recover Faster and Outperform at the Highest Levels

By Dr Rick Rosa

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 360 pages. Dimensions: 9.0in. x 5.9in. x 0.9in.The Six Pillars of Sports Recovery was written for any athlete, coach, trainer, chiropractor, physical therapist or other sports medicine professional that wants to learn more about recovery and how it relates to sports performance. The book is based on Dr. Rick Rosas 17 years of clinical experience working with professional, Olympic and amateur athletes. From the NFL to the UFC and everything in-between, Dr. Rosa has seen it all. Dr. Rosas Six Pillars of Sports Recovery include: 1. Awareness of state 2. Rest 3. Play 4. Nutrition, 5. Physical and 6. Psychological. The six-pillars philosophy brings together all the aspects of recovery and provides a well-rounded, holistic approach to help the athlete recover faster and train harder. This comprehensive approach enables a more complete healing process; it prevents further injuries and also speeds up recovery between workouts. No stone is left unturned when it comes to this all inclusive approach to recovery. The Six Pillars of Sports Recovery touches on many topics ranging from specific treatment modalities for injuries like class III and IV lasers or advanced...

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