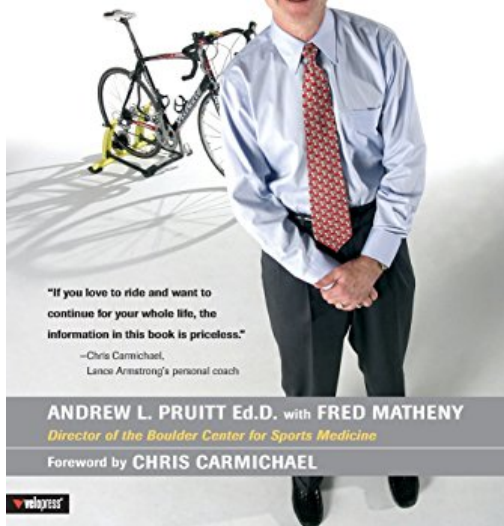

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ANDY PRUITT'S Complete Medical Guide for Cyclists



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Book Synopsis

A medical guide for cyclists, Andy Pruitt's "Complete Medical Guide for Cyclists" will help cyclists of all ability levels to prevent, diagnose, treat, and recover from injuries. Injury prevention begins with a proper bike fit that accounts for a cyclist's riding style and physical quirks and kinks. As the world's leading expert in scientific bike fit, Pruitt walks readers through a complete fit session with clear instructions and explanations of the logic behind each adjustment. If it's too late for prevention, Andy Pruitt's "Complete Medical Guide for Cyclists" covers cyclists literally from head to toe with sound, easily understood medical advice. Pruitt describes the injuries most common to cycling and helps cyclists pinpoint symptoms, identify the cause, and find proven remedies to get them back in the saddle. Pruitt also includes chapters with up-to-date information on training programs, staying healthy throughout a long cycling season, aging, weight loss, and stretching and rehabilitation. Andy Pruitt's "Complete Medical Guide for Cyclists" is highly illustrated, with black and white photographs throughout.

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