

Preface

This monograph gives a modern introduction to a futuristic view of enhanced sports performance, injury prevention and health. Introducing state-of-the-art techniques for current sport and health technologies, particularly neuromuscular electrical stimulation, oxygen infusion, infrared and lymphatic cleaning, we present an essential part of every future athlete's training, competition and health maintenance. Discoveries included in this book are a result of the collaborative work between Diamond International Corporation, Adelaide, Australia and the Sports Academy and Institute for Sports Medicine, Serbia, Belgrade.

Chapter 1 introduces the Diamond Sports Protocol, including modern technologies in sports treatments and therapies.

Chapter 2 provides the scientific theoretical background for this book, which is later applied to modern technological advances (presented in Chap. 3). This background theory ranges from the neurophysiological to thermodynamical bases of human movement, across anatomical, physiological, mechanical and computational aspects.

Chapter 3 presents modern technological advances for the development of high-performance human movements, reducing training- and competition-based stress on athletes and preventing common mechanical and sports-related neuro-musculo-skeletal injuries. All the technological advances presented in this chapter are based on the basic scientific theory of human movement given in Chap. 2.

Potential readership of this book includes everyone interested in enhanced sports performance, fast and effective rehabilitation from training and competition and sports injury prevention. To make reading simple, all the necessary background knowledge is given in the book.

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Technological Advances

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