

**Textbook of Optimising Sports
Performance- Strategies through coaching,
medicine and allied health care practices**

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Preface

Dear reader, I invite you to explore the pages of this book, where the arts of coaching, medicine, and allied healthcare practices come together in perfect harmony. Within this text, we aim to unlock the strategies and wisdom that can elevate the human body to its peak potential, strengthening it against the challenges of injury and time.

In days past, when warriors and athletes trained for battle or sport, little thought was given to the sciences that now shape our approach. But as time progresses, so does our understanding. No longer does coaching stand alone, powered only by will and experience. Today, it is enriched by the expertise of medical professionals and healthcare specialists. The human body, a finely tuned instrument, requires both the art of coaching and the science of healing to thrive. It is through the combination of these disciplines that we can nurture the athlete, keeping them safe, strong, and ready to excel.

This book does not seek to focus on one field alone but instead blends them all, drawing from ancient traditions and modern advancements alike. Inside, you will find guidance on injury prevention, physical strengthening, mental resilience, and overall well-being. It offers a roadmap for anyone who seeks excellence, whether as a coach, healthcare provider, or someone who embodies both roles.

Take this work as a tool to aid you in your journey to guide, heal, and strengthen those you serve. By mastering these arts, the human body can flourish, and through that flourishing, one can achieve greatness.

**Dr T Arun Prasanna
Dr Gautam Deshpande
Mathews P Raj**

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