



Patologie neurologiche e attività fisica (Sport) (Italian Edition)

Gian Pasquale Ganzit, Luca Stefanini

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Il legame tra attività sportiva e patologie neurologiche è duplice: da un lato l'esercizio fisico può essere importante nella terapia di supporto di alcune malattie neurologiche, oltre che nella prevenzione delle ricadute di patologie neuropsichiatriche. Dall'altro traumi e lesioni sono tra i principali rischi per la salute dello sportivo e, se non trattati con tempestività, possono causare una successiva inabilità neurologica. Patologie neurologiche e attività fisica illustra quali sono gli sport da evitare e quelli consigliati per i pazienti che soffrono di alcune delle principali patologie neurologiche. Fornisce inoltre indicazioni sui principali rischi neurologici che possono insorgere in seguito a traumi.

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