



You're Okay, It's Just a Bruise: A Doctor's Sideline Secrets About Pro Football's Most Outrageous Team

Rob Huizenga

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The dramatic, hilarious, and controversial insider's look at what really happens on the sidelines and in the locker rooms of the NFL.

Hired by the Los Angeles Raiders in 1983 as the team internist, Rob Huizenga worked on the sidelines and in the locker room of every game. That first year was the epitome of Raiders football-- the silver-and-black team of renegades steamrolled opponents and defeated the Washington Redskins in the Super Bowl. For nearly ten years, Huizenga lived in the real NFL trenches, a battlefield atmosphere where getting hurt and partying hard was the name of the game. Jam-packed with close-up anecdotes about football's warriors, this book reveals:

- * The mind games and methods of mysterious Raiders owner Al Davis
- * The truth about drug and steroid use in the NFL
- * The pressure on players to perform even when threatened by serious injury
- * Harrowing and hilarious true stories about the side of football fans never see
- * The wild life and tragic death of Lyle Alzado

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