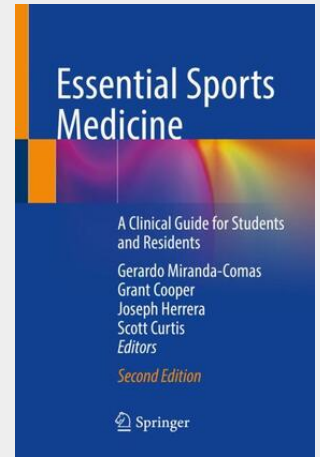


Essential Sports Medicine

A Clinical Guide for Students and Residents

In the time since the original edition of this book was published, the field has only continued to gain in popularity, and the science, concerns and practices have naturally evolved. This second edition, completely revised and expanded, continues to focus on high-yield, comprehensive, pertinent information on diagnostic and management strategies and techniques in sports medicine for medical students, residents and fellows. While the general outline of the book remains the same, each chapter has been updated significantly to reflect the latest in sports medicine research and practice, divided into three sections. Part I presents the essential concepts in sports medicine, including evaluation and exercise prescription, hydration and nutrition, and doping. Conditions and injuries to the upper and lower extremity, spine and hip are discussed in part II, with the latest management strategies outlined in a step-wise approach. Part III is dedicated to considerations for special populations, namely the master, female, pediatric and adaptive athlete. Bringing together the latest information in a practical, user-friendly format, Essential Sports Medicine, Second Edition will be an excellent textbook for students, residents and fellows in sports medicine and primary care.

Every medical student, resident, fellow and attending physician who deals with sports medicine injuries needs a high yield, comprehensive and practical resource to refer to time and time again. In Essential Sports Medicine, leading specialists in the field contribute their relevant expertise to provide such a resource. Comprehensive and accessible, Essential Sports Medicine provides an overview of the most salient and useful points in the field. A practical guide to the diagnosis and treatment of a wide range of common -- and some not so common -- conditions facing athletes, Essential Sports Medicine offers the most pertinent information for the busy sports medicine clinician. This book is ideal for an overview of the field as well as for easy reference to specific conditions. The expert authors have treated a wide range of athletes, from the weekend warrior to the professional competitor. In this book, their expertise is offered in a clear and easy-to-read format to provide the reader with the ultimate sports medicine resource.



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