



# **Sports Injuries: Prevention, Treatment and Rehabilitation, Fourth Edition**

*Lars Peterson, Per A.F.H. Renstrom*

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As more and more people realize the cardiovascular, metabolic, and muscular benefits that regular physical activity provides, the risk for potential injury also increases. In order to provide successful treatment, all persons involved in the management of injury must have a thorough understanding of the healing process of the various tissues and also be familiar with the demands of different types of sports.

Written by two world-renowned experts, **Sports Injuries, Fourth Edition** comprehensively covers the prevention, treatment, and rehabilitation of sports injuries. Essential reading for all athletes, coaches/trainers, physiotherapists, and doctors, the updated edition of this highly popular and well-established textbook skillfully integrates scientific background and evidence with practical application. Topics covered include:

- Individual risk factors for sports injuries
- Effects of physical inactivity on the tissues
- Head and face injuries in sport
- Cervical, thoracic and abdominal injuries in sport
- Back and spine injuries in sport
- Outdoor activities during extreme conditions
- Sports injuries of the lower and upper extremities
- Injuries in sport for the disabled

Richly illustrated with more than 650 color drawings and photographs, this book covers injuries resulting from the full range of international sports. For each type of injury examined, it details the symptoms, mechanism of injury, diagnosis, treatment, rehabilitation protocols, and key points?clearly stating what both non-medical and medical professionals should do in each case of injury. This easy-to-follow textbook features a glossary of key terms and protocols with rehabilitation exercises to provide readers with a solid understanding about how to effectively treat, rehabilitate, and prevent sports injuries.

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