



Sports Medicine and Rehabilitation: A Sports Specific Approach (SPORTS MEDICINE & REHABILITATION: A SPORT-SPECIFIC APPROACH)

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Geared to physiatrists and sports medicine physicians, this book is a practical guide to the rehabilitation of sport injuries. It focuses on specific sports and describes a variety of popular sports in sufficient depth so that physicians can confidently diagnose and treat patients injured during each sport. The authors focus on conservative management of injuries, so that physicians can maximize nonsurgical options before resorting to surgery. The book explains the mechanism of each injury and offers strategies for evaluating patients and preparing them to return to play. Numerous illustrations complement the text.

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