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President's Message

The IAAF recognizes that the well-being of the athletes of our member Federations is one of its prime responsibilities. I am pleased that the members of the Medical and Anti-Doping Commission have worked hard to provide the health professionals of our member Federations with this newly-updated Medical Manual, and to design education programmes at the Regional Development Centres to aid them in caring for their athletes.

I would like to thank the members of the Medical and Anti-Doping Commission and the other contributors for their efforts in revising this Manual, and to Dr. Harmon Brown, Medical and Anti-Doping Commission member, and to the IAAF staff for their editorial work.

Lamine Diack
IAAF President

Chairman's Message

The IAAF Medical and Anti-Doping Commission recognises that one of its major tasks is to assure the highest quality of athlete care provided by the health professionals in its member Federations, and is pleased to present this revised and updated edition of the IAAF Medical Manual. This Manual is intended for use as a resource for sports physicians and physiotherapists, and as a primary textbook for sports medicine and anti-doping courses given at the IAAF's Regional Development Centres.

We hope that this programme will continue to stimulate the continuing education of sports medicine professionals who work with all athletes in athletics, from novice to elite levels.

Juan-Manuel Alonso
Chair, IAAF Medical and Anti-Doping Commission

Preface

In recent years the IAAF has recognised that health care of all the athletes in its member Federations is an area which must be addressed if athletics is to continue to grow as a world-wide sport.

The role of the IAAF's Medical and Anti-Doping Commission is to aid all of its member Federations in providing for the health and safety of all athletes, from novices to world-class competitors.

The Medical and Anti-Doping Commission has prepared this revised and updated Medical Manual as part of a programme of medical and anti-doping education that is held at its various Regional Development Centres. The objectives of this programme are to aid each member in strengthening its medical organisation, and to provide its health care providers (physicians and physiotherapists) with updated information on sports medicine and doping, particularly as it relates to the sport of athletics.

We wish to thank Dr. Manuel Alonso, Chair of the Medical and Anti-Doping Commission, for his continuing support of this project, to the many members of the Commission and the other contributors for making this Manual a valuable sports medicine educational tool, and to the staff of the IAAF Anti-Doping Department for their work in assuring its finalisation. We would especially like to acknowledge Dr. Luc Magnus and Chris Butler of the IAAF for their thorough review of the manuscript and suggestions for its improvement.

A special thanks to the Technical Editor, Martha T. Brown, for making the text a readable entity. Any errors or omissions should be laid at the door of the Editor. We welcome any recommendations for future improvements.

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