

# Sports Injuries Guidebook

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Edited by Robert S. Gotlin

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**A**lthough playing sport and doing regular exercise is good for one's health, it can sometimes result in injuries. Injuries can affect anyone, from experienced athletes who push themselves hard to beginners whose muscles are not used to sport. Sports injuries can be caused by:

- an accident
- not warming up properly before exercising
- using inadequate equipment or poor technique
- pushing yourself too hard (overtraining)

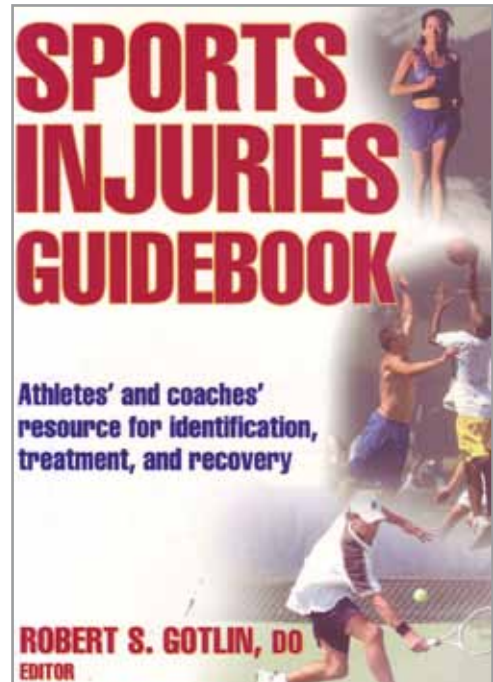
Sports injury can be described as:

- a sudden injury – which is the result of a sudden impact or an awkward movement
- an overuse injury – which develops over time as a result of overusing certain parts of the body or poor technique

Overuse injuries (to muscles, bones, ligaments, tendons, joints, and cartilage) are common in serious athletes because of the intense nature of their training. In general, pain, swelling and restricted limb movements are fairly common.

Injuries lower an athlete's fitness level, impair competitive performance and predispose him or her to long-term musculoskeletal problems.

Since injuries happen to all athletes at some time in their career, one should be prepared. The *Sports Injuries Guidebook* edited by Robert S. Gotlin can be of great help in this respect. Twenty-five leading sports physicians and therapists provide coverage of over 130 injuries from head to toe that are experienced by athletes.



The editor of the book is the director of orthopaedic and sports rehabilitation in the department of orthopaedic surgery and the coordinator of the musculoskeletal and sports rehabilitation fellowship training programme at Beth Israel Medical Center. He is also an assistant professor of physical medicine and rehabilitation at the Albert Einstein College of Medicine of Yeshiva University. Gotlin is board certified by both the American Board of Physical Medicine and Rehabilitation and the American Osteopathic Board of Physical Medicine and Rehabilitation. He is also the programme chairman for the New York State Society of Physical Medicine and Rehabilitation.

Easy-to-find entries include a description of common causes, injury identification cues, explanation of symptoms, full-colour anatomical illustrations, treatment options, and a plan for returning to action quickly and safely.

*Sports Injuries Guidebook* includes 16 chapters written by specialists in their field:

**Chapter 1:** Body Conditioning and Maintenance (Evan M. Chait): This chapter explains the concept of functional conditioning and introduces the elements involved in it. It also explores the roles these elements play in preventing injury and provides a guide for using the information presented to create an effective warm-up and exercise programme.

**Chapter 2:** Prevention and Treatment Toolbox (Elise Weiss, Todd D. Hirsch, & Grant Cooper): This chapter presents ways to prevent injuries, treat acute injuries, and manage chronic injuries.

**Chapter 3:** Injury Types and Assessments (Paul M. Steingard): This chapter helps classify some of the different types of injuries, some severe and others benign, that are discussed throughout the rest of the book. Various injury types are reviewed and defined, categorised by the type of tissue affected by the injury: bone, ligament, tendon, skin, or other. The most common sports injuries are discussed. This chapter also covers the diagnosis of sports injuries through such methods as self-testing as well as more invasive techniques.

**Chapter 4:** Concussions and Head Injuries (Josh Krassen): this chapter looks at several head injuries in terms of their causes, identification, and treatment. Included are injuries to the ear, jaw, nose, and eye as well as concussions and other related injuries.

**Chapter 5:** Neck and Cervical Spine Injuries (Greg Rowdon & Hank Sherman): In this chapter, several kinds of neck and spinal injuries, including an example case of each injury and the immediate and long-term management of each condition.

**Chapter 6:** Shoulder Injuries (Edmund S. Evangelista): Throwing athletes are especially prone to shoulder injuries caused by repetitive forces transmitted through the joint. In this chapter, some of the most common shoulder injuries encountered by athletes are reviewed (e.g. acromioclavicular joint injury, biceps tendon rupture, bicipital tendinitis, (recurrent) shoulder dislocation, rotator cuff tear, shoulder impingement, shoulder subluxation).

**Chapter 7:** Arm and Elbow Injuries (Andrew L. Sherman): Elbow injuries are surprisingly common especially in young throwing athletes and are most often caused by repetitive stress on the immature skeleton. Injuries dealt with are e.g.: elbow dislocation, humeral stress fracture, olecranon bursitis, tennis elbow, golfer's elbow).

**Chapter 8:** Wrist and Hand Injuries (Frank C. McCue & Susan Saliba): This chapter focuses on the common injuries to the wrist and hand and how to identify when these injuries should be referred to a physician for further evaluation and treatment.

**Chapter 9:** Chest and Abdominal Injuries (Daniel A. Brzusek): Although chest and abdominal injuries are relatively rare in athletes, they can be severe and gravely dangerous when they do occur.

**Chapter 10:** Lower-Back Injuries (Stuart Kahn & Arjang Abbasi): Injuries of the lumbar and thoracic spine are common in athletes. In this chapter, the major causes of back pain related to common injuries in athletes are discussed.

**Chapter 11:** Hip Injuries (Michael M. Weinik, Ian B. Maitin, & Ferdinand J. Formoso): The number of athletic injuries to the hip and pelvis in sports is low in general (e.g. only 5 percent in running athletes). However, managing them is difficult because the hip and pelvis are the coupling mechanisms that transfer strength and power from the legs to the trunk and vice versa; they help absorb, dampen, and distribute the impact of running and jumping: Attached to the hips and pelvis are the largest and most powerful muscles in the body, which

often act on the hip and pelvis with extremely long lever arms as created by the length of the legs and the height of the trunk. This fortunate anatomical arrangement allows the performance of amazing athletic feats but unfortunately places great physical demands on these structures, which sometimes leads to injuries. In this chapter, the more common injuries to the hip and pelvis in athletes and strategies to avoid and treat them are discussed.

**Chapter 12:** Thigh and Hamstring Injuries (Lisa M. Bartoli): Injuries to the quadriceps and hamstring muscles are extremely common in sports. Any sports activity requiring explosive bursts of speed or quick changes in direction might cause injury to these muscle groups. Early and complete rehabilitation makes for a faster return to sports and reduces recurrence of these injuries.

**Chapter 13:** Knee Injuries (Michael Kelly & Yvonne Johnson): Knee injuries likely match and even surpass in incidence the most common injury, which is back pain. Injuries to the knee can be debilitating, but thanks to advances in diagnosis and both non-operative and operative treatments, the athlete can often return to sports in a relatively timely manner.

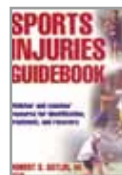
**Chapter 14:** Lower-Leg and Ankle Injuries (William G. Hamilton & Andrew A. Brief): Ankle injuries are extraordinarily common in sports. Sports that involve jumping require ankles that absorb energy well, whereas in repetitive sports such as running small differences such as slight inequality in the length of the legs or stiffness in the subtalar joint can lead to repetitive stress injuries. In this chapter, the most common lower-leg and ankle injuries (e.g. Achilles tendinitis, and shin splints) are looked at and how to treat them is discussed.

**Chapter 15:** Foot and Toe Injuries (William G. Hamilton & Andrew A. Brief): Injuries dealt with are, for example: Lisfranc's sprain, plantar fasciitis, navicular bone stress fracture, sesamoid injury, and tarsal tunnel syndrome.

**Chapter 16:** Integrative Medicine Treatments (Roberta Lee): Integrative medicine takes account of the whole person (body, mind, and spirit), including all aspects of lifestyle. It emphasises the therapeutic relationship and makes use of all appropriate therapies, both conventional and alternative. It addresses not only the medical ailments or injuries of a person but also lifestyle factors such as nutritional needs, exercise patterns, and stress efforts on health. The most common complementary and alternative modalities (CAM) include the following: botanical medicine, East Asian medicine and other indigenous systems, musculoskeletal manipulation, yoga and tai chi, mind-body practices. All of these are dealt with in this chapter.

There are many books on sports injuries available, but this book by Gotlin is very easy to read and full of great practical tips to help self-diagnosis and treatment of sport injuries. Rather than overwhelm the reader with confusing options, the authors have created a simple yet thorough user-friendly guidebook primarily for athletes and coaches. That is why it can be recommended without reservations.

*Reviewed by Jürgen Schiffer*



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