

Book review

EPIDEMIOLOGY OF PEDIATRIC SPORTS INJURIES: INDIVIDUAL SPORTS

Editors: Dennis J. Caine and Nicola Maffulli

Bibliographic Data: ISBN: 3-8055-7868-7, Karger AG, Basel, 2005, 204 pages, \$170.00 (hard cover).

Subjects: Epidemiology and characteristics of children's individual sports injuries.

DESCRIPTION: The objective of the book is to review comprehensively what is known about the distribution and determinants of injury rates in a variety of individual sports, and to suggest injury prevention measures and guidelines for further research.

This book provides comprehensive compilation and critical analysis of epidemiological data over children's individual sports: including equestrian, gymnastics, martial arts, skiing and snowboarding, tennis, track and field, and wrestling.

This book encourages coaches and sports administrators to discuss rules, equipment standards, techniques, and athlete conditioning programs. In turn, they can inform parents about the risks and how they can help their children avoid or limit injury in sports.

FEATURES: A common, uniform strategy and evidence-based approach to organizing and interpreting the literature is used in all chapters. All the sports-specific chapters are laid out with the same basic headings, so that it is easy for the reader to find common information across chapters. Chapter headings are: 1) Epidemiology of children's individual sports injuries, 2) Equestrian injuries, 2) Gymnastics injuries, 3) Martial arts injuries, 4) Skiing and snowboard injuries, 5) Tennis injuries, 6) Track and field injuries, 7) Wrestling injuries, 8) Injury prevention and future research. Chapter headings include: i) Incidence of injury, ii) Injury characteristics, iii) Injury severity, iv) Injury risk factors, v) Suggestions for injury prevention, vi) Suggestions for further research.

In each sports-specific chapter, an epidemiological picture has been systematically developed from the data available in prospective

cohort, retrospective cohort, case-control, and cross-sectional studies. The tables are numerous, helpful and very useful.

AUDIENCE: The book provides a very useful resource for sport scientist, pediatricians, family practitioners and healthcare professionals in the field of child and adolescent injury and prevention. The readers are going to discover that this is an excellent reference book.

ASSESSMENT: This book is almost a compulsory reading for anyone interested in pediatric injuries and for those wishing to run comprehensive research in this and relevant areas. The fact that the contributors are leading international researchers in this field makes this book more welcome.

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