Oxford Handbook of Sport and Exercise Medicine

Editor: Domhnall MacAuley


Subjects: exercise for health, injuries, diagnoses and treatment in sports and exercise medicine

DESCRIPTION: This flexicover handbook presents a user-friendly overview into the evolving discipline of sports medicine. The growing scientific and research base is summarised and essential views on treatment, preventive strategies, and optimal exercise recommendation are discussed briefly in the relevant chapters. This book has been designed for everyday use for the practitioners working in this medical field. It also has blank pages for the readers’ own updates.

PURPOSE: This guide book aims to display the common problems and diagnoses in sports and exercise medicine and to concentrate on the up-to-date approaches, management plans, and evidence-based procedures of treatment at the same time.

AUDIENCE: As a comprehensive basic text this guide book could be useful for lecturers, teachers, practitioners and students of exercise and sports medicine as well as GPs, nurses and others who are especially interested in this field.


ASSESSMENT: This is a must-have handbook for all medics practising in sports and exercise medicine, as well as anyone who has a special interest in this area, especially GPs, nurses, physiotherapists; even coaches, trainers, biomechanical experts. I believe they will enjoy making use of this guide book as it is right to the point, easy to read and understand during hectic daily practice.

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