

Book review

## Sports injuries

**Editors:** Mike Hutson and Cathy Speed.

**Bibliographic Data:** ISBN: 978-0-19-953390-9; 2011 by Oxford University Press, New York, USA, 576 pages, hard cover, \$249.50.

**Subjects:** Sports injuries.

**Description:** *Sports Injuries* is a supplementary and practical guide to expert management of sports injuries across a variety of sports and anatomical regions. It takes the reader through basic and applied sciences, to in-depth but accessible sections on injuries and concludes with section on sport specific complaints.

**Purpose:** The goal of the book, as stated in the preface, is to provide guidance for all clinicians who require appropriate skills set upon a sound knowledge base of injuries related to sport and exercise, thereby providing a high level of service to all exercising patients from diverse backgrounds whose require help.

**Audience:** The book is written for all clinicians involved in sports medicine practice, including therapists, the enthusiastic doctor, the sub-specialist sports and exercise medicine doctor, and the specialist consultant in sports and exercise medicine.

**Features:** The book is composed of 4 sections and 55 chapters each written by a different expert and includes several tables, line drawings, halftones, and essential references at the end of each chapter. Section I is “Basic Science” including main topics about “tissue injuries and repair” and “biomechanics”. Section II is “Clinical Principles” including main topics about “diagnostics” and “management”. Section III is “Regional Injuries” and includes sports injuries seen in different anatomical regions. Finally, Section IV is “Special Considerations” and includes sports injuries seen in various kinds of sports disciplines.

**Assessment:** The authors of each chapter are highly knowledgeable and subject specialists in relation to sports and exercise medicine. The book is in full colour throughout and contains hundreds of illustrations to aid diagnosis and understanding. It is organized by anatomical region and by sport, and also covers basic sciences such as functional anatomy, tissue injury and repair, and principles of examination and treatment to further enhance understanding.

**Reviewed by:** *Ufuk Sekir, MD, Assoc. Prof., Department of Sports Medicine, Medical School of Uludag University, Bursa, Turkey*