

Book review

Epidemiology of Injury in Adventure and Extreme Sports

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Bibliographic Data: ISBN: 978-3-318-02164-6 / e-ISBN: 978-3-318-02165-3; 2012 by S. Karger AG, Basel, Switzerland, 178 pages, hard cover, \$229.00.

Subjects: Epidemiology, Injury, Back Country and Mountain Sports, Ocean and Freshwater Sports, Terrain-Based Sports.

Description: *Epidemiology of Injury in Adventure and Extreme Sports* collects current review articles on the frequency and distribution of injuries and the factors contributing to injuries in adventure and extreme sports.

Purpose: The goal of the book is to provide a comprehensive compilation of epidemiological data of injuries over a range of new age sports considered to be adventurous and extreme.

Audience: The book is intended to a wide audience including sports physicians, physical therapists, recreation managers, researchers, injury prevention specialists, the adventure and extreme sport industry, and the adventure and extreme sport participants.

Features: The book is divided into 4 chapters, is composed of 10 review articles each written by different experts and includes 18 figures and 46 tables. Chapter I is "Introduction" including a review article about "The epidemiology of injury in adventure and extreme sports". In the second Chapter "Epidemiology of injury in back country and mountain sports" is subjected by two review articles. Third Chapter includes three review articles about "Epidemiology of injury in ocean and freshwater sports". Finally, four comprehensive review articles are addressing the topic "Epidemiology of injury in terrain-based sports" in Chapter IV.

Assessment: The content of the book tracks down all of the major literature associated with the topic. A uniform and evidence-based approach to organizing and interpreting the literature is used in all chapters. The book identifies problem areas in which appropriate preventive measures can be initiated to reduce the risk and severity of injuries. Further, the book can be used as a source for future research related to injuries in adventure and extreme sports.

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