

Book review

## DeLee & Drez's Orthopaedic Sports Medicine: Principles and Practice, 4<sup>th</sup> edition

**Editors:** Mark D. Miller and Stephen R. Thompson.

**Bibliographic Data:** ISBN: 978-1-4557-4376-6; 2015 by ELSEVIER Saunders, Philadelphia, PA, 19103-2899, USA, 2 volume set, 2054 pages, hardcover, \$399.99.

**Subjects:** Sports Injuries, Chronic Diseases, Sports Rehabilitation, Orthopaedic Approach.

**Description:** The revised, streamlined, and reorganized fourth edition of the *DeLee & Drez's Orthopaedic Sports Medicine: Principles and Practice* covers the rehabilitation/injury prevention, medical, and surgical topics related to athletic injuries and chronic conditions.

**Purpose:** The aim of the new edition of the book is to reflect the latest advances in orthopaedic and sports medicine community knowledge, including evidence-based medicine, rehabilitation and surgical approaches to musculoskeletal injuries, and principles of injury prevention.

**Audience:** The book addresses a wide range of audiences, from graduate or postgraduate students to general practitioners in the field of sport and exercise medicine, as well as to team doctors, athletic trainers, university doctors, and physicians and practicing orthopaedic surgeons in sport and exercise medicine.

**Features:** The book is composed of 2 volumes, 10 sections, and 138 chapters in total. An appendix including sports medicine terminology and the index is placed at

the end. There are many colored figures and tables. Volume 1 includes 5 sections. Section 1 is about basic scientific principles of musculoskeletal injury, medications used in athletes, exercise physiology, and imaging. Section 2 comprises medical conditions in some chronic diseases and in different athletic population like females and para-athletes. Issues about rehabilitation and injury prevention are addressed in Section 3. Section 4 and 5 presents injuries and their treatment strategies in the shoulder, elbow, wrist, and hand joint. The second volume includes also 5 sections. The sections 6 to 9 present comprehensive coverage including anatomic features, imaging, evaluation methods, rehabilitation options, and basic arthroscopic procedures for the musculoskeletal injuries in the anatomical areas like pelvis, hip, thigh, knee, leg, ankle, foot, spine and head. Finally, Section 10 addresses the topic about pediatric sports medicine.

**Assessment:** Each of the contributing authors is recognized as an authority in the field of the related chapter topic. This new edition of the book provides the most clinically focused, comprehensive guidance available in any single source. It covers important new information about hip and groin pain in athletes, medical management of athletes, concussion in athletes, and the para-athlete. Each chapter follows a suggested readings part, adding an important feature.

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