



Sports Injuries Guidebook

Robert S. Gotlin

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Injuries happen. So be prepared. Have the answers. Rely on the guidance of 24 leading sports physicians and therapists. Rely on *Sports Injuries Guidebook*.

This authoritative, quick reference guide provides coverage of over 130 injuries, including:

- Concussion
- Eye Injuries
- Whiplash
- Rotator Cuff Tear
- Tennis Elbow
- Sprains & Strains
- Abdominal Trauma
- Herniated Disc
- IT Band Syndrome
- Patellar Tendinitis
- Shin Splints
- Plantar Fasciitis

Easy-to-find entries include a description of common causes, injury identification cues, explanation of symptoms, anatomical illustrations, treatment options, and a plan for returning to action quickly and safely. *Sports Injuries Guidebook* also ensures that you'll be spending more time in the game than on the sidelines by providing additional coverage on conditioning, body maintenance, and nutrition to keep injuries at bay.

Whether you are a member of a team or an individual athlete, elite competitor or weekend warrior, *Sports Injuries Guidebook* is ready with the answers you need when your body needs them.

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