Book Reviews

The Injured Athlete, 3rd edition

David H. Perrin, editor

Philadelphia, PA: Lippincott-Raven Publishers, 1999

492 pages, hardcover

The field of sports medicine has greatly expanded in recent years with the increased participation in sports at all levels. A multidisciplinary “team” approach is frequently used to provide medical care in organized sports. Physicians, athletic trainers, physical therapists, and other professionals may all participate in the health care of athletes. These individuals are the intended audience for this sports medicine text.

The treatment of athletic injuries makes up only a small part of sports medicine. The prevention, assessment, management, and rehabilitation of injuries are all vital components of the discipline. Each of these subjects is covered in detail by the contributing authors of the book, who are nationally recognized experts in their respective areas of sports medicine.

The book is divided into 2 sections: 1) Prevention and Rehabilitation, and 2) Evaluation and Management. The prevention of injuries begins prior to participation in sports. Thus, the first section covers preparticipation physical examinations and the principles of training programs. The design of strength and conditioning programs is well illustrated with photos of individual exercises. Rehabilitation from injuries is discussed in chapters on therapeutic modalities and therapeutic exercise. Since advances in knowledge cannot occur without research, 1 chapter describes the methods of sports medicine research and injury surveillance.

The second section focuses on injuries to specific areas of the body, such as the shoulder and knee. These chapters contain in-depth discussions of all aspects of the topic and are written by physician specialists. The anatomy and physical examination of the areas are included, as well as a discussion of injuries and treatment. Many drawings, photographs, and radiographs illustrate the text. Reference lists are extensive, allowing further reading as desired.

Although this book is quite comprehensive, a few areas may deserve further attention. The discussion of protective equipment is limited and centers primarily on helmet use. A chapter on the acute management of serious injuries on the field also would be helpful.

Overall, this is a clear and comprehensive text on the care of the injured athlete. Professional practitioners and students of sports medicine, including wilderness med-

icine enthusiasts, will benefit from the information in this book. Other health care professionals who treat injured athletes in the course of their practice also will find this volume to be a valuable reference.

Carol S. Federiuk, MD, PhD
Portland, OR, USA