Fully revised and updated for the second edition, with a new section on the older patient and expanded advice on physiotherapy and rehabilitation programmes, this volume is an indispensable companion for any professional working in sport and exercise medicine.

Sport medicine is an evolving discipline. This handbook brings together the common problems and diagnoses with a focused summary of the latest strategies, management plans, and evidence-based protocols.

Authored by leading figures in sport and exercise medicine, this handbook is specially designed to cover the curriculum for postgraduate sport and exercise medicine exams. It presents the core knowledge in a concentrated and concise format. Arranged by system, it focuses on the needs of the patient and offers an immediate guide to all aspects of diagnosis and treatment, exercise benefits, and epidemiology.

Practical, accessible, and clinically based, this is the single global handbook for the undergraduate, postgraduate or experienced specialist.

Ideal for postgraduate students of sport and exercise medicine, general practitioners, as well as team doctors, university doctors, and specialists in sport and exercise medicine.