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Evidence-based Sports Medicine

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This second edition of the popular book Evidence-based Sports Medicine builds on the features that made the first edition such a valuable text and provides a completely up-to-date tool for sports medicine physicians, family practitioners and orthopedic surgeons.

Updated to take into account new evidence from systematic reviews and controlled trials, Evidence-based Sports Medic

This second edition:

- * contains sections on acute injury, chronic conditions, and injuries to the upper limb, groin and knee and to the lower leg

- * pays increased attention to the important and emerging area of injury prevention

- * features thoroughly revised methodology sections within each chapter, reflecting changes in technique and application

- * MCQs and essay questions that allow readers to continually assess their knowledge and understanding of the topics covered

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