This book provides clinicians treating athletes at the point of care with concise, practical keys to evaluation and functional treatment of sports-related problems. This book provides clinicians treating athletes at the point of care with concise, practical keys to evaluation and functional treatment of sports-related problems is organized by chief complaint and guides clinicians to a rational differential diagnosis, a thorough history and physical exam, appropriate diagnostic testing, an accurate diagnosis, a sports-specific treatment plan, and safe return-to-play recommendations.

Bulleted sections, icons, and a uniform layout help readers quickly find key information to make a diagnosis, order tests, initiate treatment, recognize indications for referral, and identify red flags. Appendices describe injection techniques and detail progressive return-to-play programs for throwing and running athletes.