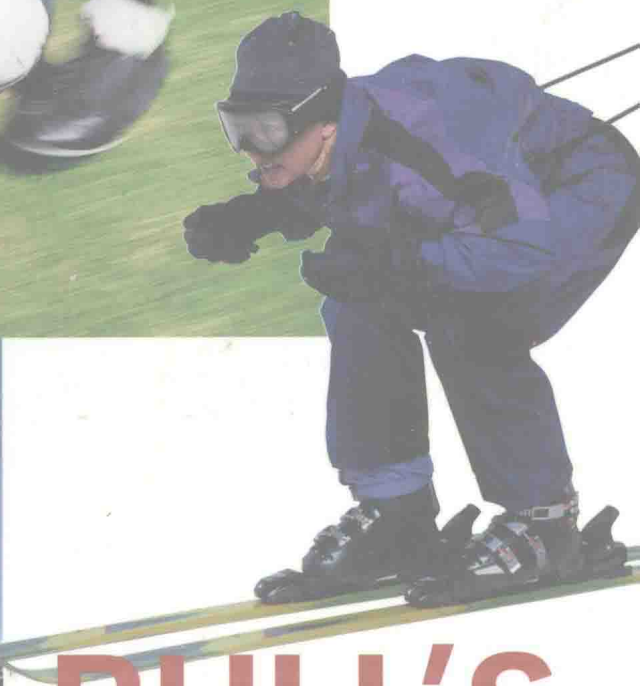




William O. Roberts



BULL'S **HANDBOOK** **OF SPORTS** **INJURIES**

Second Edition

Bull's Handbook of Sports Injuries

Second Edition

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Bull's Handbook of Sports Injuries, Second Edition

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Preface

Sports medicine is a passion and hobby that increases my effectiveness as a primary care physician. The spirit of the George Sheehan essay entitled, "Every patient is an athlete" is the foundation of my approach to patients. The first edition of *Bull's Handbook of Sports Injuries* captures the essence of exercise and activity medicine applied to athletes of all walks and abilities in a "folksy" style that is easy to read and apply to daily office and sideline encounters. Doctor Bull intended the book "to improve sport safety and highlight issues to improve the sports medicine team." My goal in the second edition of the book is to enhance the practical aspects injury prevention and care and maintain the down-to-earth, team-oriented approach initiated by Dr Bull. Not an easy task considering the breadth of the initial edition.

The second edition features the return of several authors whose work has heavily influenced my education and practice in the office and in the public health arena. Doctors Tator, Stanish, Pashby, Fowler, Pipe, and Nesbitt have made an impact on the health and safety of athletes worldwide, and I am grateful for their contributions to the second edition along with the other authors from the original book who updated their chapters. There are several new authors, both established or up and coming practitioners in the sports medicine world, who stepped in to replace the original authors who were unable to contribute again or to write on new topics added to the second edition.

The book is organized in three sections: Sports Medicine Issues, Injury and Illness, and Sport-Specific Issues. The first section deals with general issues and essential background information needed to care for athletes and active people. The second section addresses problems associated with specific joints and activity issues related to injury and illness in athletes. The final section is devoted to the problems associated with specific sports and activities that are common to the office practice of most sports medicine physicians and providers. You may find a different twist on a common topic when addressed from the perspective of a particular sport. Many of the chapters are organized in the following format to make it easy to find important facts that you need:

- Quick Look
- Introduction
- Epidemiology
- Pathophysiology
- Injuries
- Evaluation
- Management
- Confounding Conditions
- Prevention
- Sideline Tips
- Summary

Each chapter is a strong mix of evidence-based and expert opinion evaluation and care protocols seasoned by the sideline and office experience of the authors. The Quick Look section at the chapter beginning is designed to

put important information at the tip of your fingers with the supporting details in the text.

From the simple advice for ankle sprains to the more complex evaluation of the low back in dancers and Nordic skiers, the book is filled with practical facts that you can use for all your patients. As highlighted in the Golf chapter, the adage "Practice makes perfect" is often more realistically stated as "Practice makes permanent." Advising a patient to take lessons in golf, skiing, or any sport may be the single most "preventative" sports medicine advice that we can give our athletes. In addition, the full set of Team Physician Consensus Conference Statements is included in the Appendix. I hope you find the second edition of *Bull's Handbook of Sports Injuries* a useful reference in your office or on the sidelines.

Acknowledgments

Darlene Cooke from McGraw-Hill took the time to convince me that I could take on the revision of this book and most of the time I thank her for that. Her advice and council were integral to completing the second edition and I wish her the best in a challenging time. The book would not have been possible without the support of the McGraw-Hill team past and present and I would like to acknowledge the efforts of Lisa Silverman and Marcia Loeb who managed to keep me on task.

I would also like to thank all the authors for their time and contributions to this edition. The chapter contents were a great review for the ABFP Sports Medicine Sub-Specialty Board Examination. The second edition would not be possible without the foundation and vision developed for the first edition by Charles Bull and I owe him a debt of gratitude for his efforts writing and editing the first edition of this book.

The American College of Sports Medicine (ACSM) gave permission for us to reprint the Team Physician Consensus Conference Statements in the book and I hope the statements will augment the usefulness of this edition. The ACSM education and network has advanced and enhanced my sports medicine experience.

I would also like to thank my family who as a group put up with the time demands of the writing and review process, and individually advanced my education as a sports physician, coach, spouse, and father. Finally special thanks to Debra Roberts, my life partner, who indulges my sports medicine pursuits and contributed her physical therapy experience and expertise to this book and my career. She has been described as a saint by many for putting up with me and truly deserves the title.

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