Book review

KEY TOPICS IN SPORTS MEDICINE

Editors: Amir Ali Narvani, Panagiotis Thomas and Burce Lynn


Subjects: Sports injuries, Rehabilitation and Injury Prevention, Exercise Physiology, Fitness Testing and Training, Exercise and Health Promotion.

Description: Key Topics in Sports Medicine is a single quick reference source for sports and exercise medicine. It presents the essential information from across relevant topic areas, and includes both the core and emerging issues in this rapidly developing field. It covers:
1) Sports injuries, rehabilitation and injury prevention, 2) Exercise physiology, fitness testing and training, 3) Drugs in sport, 4) Exercise and health promotion, 5) Sport and exercise for special and clinical populations, 6) The psychology of performance and injury.

Purpose: The Key Topics format provides extensive, concise information in an accessible, easy-to-follow manner.

Audience: The book is targeted at students and specialists in sports medicine and rehabilitation, athletic training, physiotherapy and orthopaedic surgery. The editors are authorities in their respective fields and this handbook depends on their extensive experience and knowledge accumulated over the years.


Assessment: Based on graduate programme teaching practice and with an international team of contributors, this is a valuable and practical resource for all those interested in sports and exercise medicine, including sports clinicians, general practitioners, team doctors, orthopaedic surgeons, accident and emergency doctors and physiotherapists. It is concise and well organized in its presentation, creating an effective textbook. I believe, therefore, the book will serve as a first-rate teaching tool and reference for students and specialists in sports medicine and rehabilitation, athletic training, physiotherapy. Students will enjoy the format of this book.

Reviewed by: Hakan Gür, MD, PhD, Uludag University Medical School, Bursa, Turkey.