

# Oxford Handbook of Sports and Exercise Medicine (Oxford Handbooks Series)



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Sports medicine is an evolving discipline. The scientific and research base is expanding and changing accepted views on the value of many treatment modalities, the utility of preventive strategies and optimal exercise prescription. Clinicians are looking for evidence, and patients are increasingly aware of the need for a scientific approach. This book brings together the common problems and diagnoses in sports and exercise medicine with a focused summary of the latest strategies, management plans, and evidence based protocols. Arranged by system, the book focuses on the needs of the patient and offers an immediate guide to all aspects of diagnosis and treatment, exercise benefits and epidemiology. This is a must-have text for all medics involved in sports and exercise medicine.



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