



## Muscle Injuries in Sports

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### Description

Accounting for the majority of sports-related disorders, injuries of the skeletal muscles have been difficult to define, classify, and treat mainly due to a lack of scientific background and missing guidelines. Now, for the first time, readers will find full coverage of muscle anatomy, physiology, diagnosis, imaging, treatment, rehabilitation, and prevention in one comprehensive volume. It includes a standardized terminology and new classification system, both based on a consensus conference that took place in 2011 in Munich.

#### Special Features:

- ▶ Written by top international sports medicine physicians who have more than 35 years of experience treating competitive athletes, including the German national soccer team
- ▶ Emphasizes practice-oriented content with a scientific foundation
- ▶ Shares dozens of case studies that highlight injury assessment, pitfalls, and complications
- ▶ Provides more than 500 vivid, full-color illustrations and photographs, including detailed anatomic diagrams and tables

At a time when athletic muscle injuries have increasingly become the focus of research and clinical studies, especially due to their frequency and impact on player absence, this book makes an enormous contribution to the field. It is essential reading for all sports medicine physicians, residents and fellows, physical therapists, coaches, and other practitioners involved in caring for athletes.