Concerned about the effects of intensive exercise on the female athlete, this work presents current information on issues such as the complex interplay of eating disorders, menstrual irregularity and osteoporosis, and the increased evidence of stress fractures in amenorrheic athletes.

It also covers scoliosis and spondyloysis, patellofemoral problems, ACL injuries, bunions, increased pronation of the foot, and subacromial impingement.