The Sports Injuries Handbook is a practical handbook on diagnosis and management of common sports injuries.

Many people with a sports injury end up giving up exercising or cause further damage because their injury isn’t treated properly — either treated as ‘non-urgent’ because it was caused by sporting activity, or treatment is delayed because of long waiting times, or GPs/physios are unsure of the diagnosis and treatment of sports injuries. GPs usually immediately refer sports injuries to consultants, with a long waiting list for consultation/scan. This means patients suffer for longer, give up exercising and often cause more damage by not following an exercise program in the meantime.

With a clear and easy to follow design with one injury explored per page, this handbook includes the most common lower and upper extremity injuries occurring in team sports such as football/rugby/cricket, and some non-team sports injuries (tennis, running, swimming, skiing) and offers diagnosis and how to treat/investigate and refer. Training advice during convalescence is also given.

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