Includes all-encompassing coverage of the evaluation and treatment of common problems encountered in baseball players at all levels of competition

A large portion of the book focuses on shoulder and elbow problems, given the high number of shoulder and elbow injuries that affect baseball players. The text also covers lower extremity injuries, spine conditions, and common medical problems that may be encountered.

Of special interest to athletic trainers, topics such as different training regimens for in-season versus off-season workouts and tailoring throwing programs for relievers and starters are given particular attention.

Key Features:

- Covers how to get player ready to play and how to prevent injuries from occurring while playing
- Extensive coverage of training plans to prevent injuries and rehabilitation programs after injuries
- Authors are all the leading experts in the field
- Unique in its scope; this is the only book focusing on the evaluation and treatment of baseball injuries