

*Essential Sports Medicine*

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Led by the editorial team of Grant and Cooper, *Essential Sports Medicine* (1<sup>st</sup> edition) is a comprehensive medical text that is separated into 13 chapters, each focusing on a different region of the body, the most common injuries associated with each region as well as additional topics that would be of importance for a health professional working with an athletic population, specifically hydration and nutrition and banned and approved substances. Numerous tables and figures are utilized throughout the text, and are especially useful when describing different types of injuries to a specific area (i.e.: classifications of different types of fractures) or to demonstrate specific physical testing.

The text was written specifically to illustrate the differences between sports medicine and general musculoskeletal medicine in an attempt to provide an overview of the most salient points in the field of sports medicine.

Although both Herrera and Grant contribute within the body of the text, additional authors contribute the majority of the written chapters, with a variety of up to date references utilized to support the information presented in almost each chapter. Unfortunately, chapter 6 describing elbow and forearm injuries utilized only 2 references, from 1995 and 1996 respectively, which is surprising given the text's publishing date of 2008 and the amount of published literature that would be of relevance for these regions since the mid to late 1990's. However, despite the limitations of Chapter 6, the text is well written and reader friendly.

The chapters themselves are well organized and for the most part follow the same format, beginning with anatomical and biomechanical descriptions and then progressing to the most common types of injuries, diagnosing and often include a subsection for special testing. Treatment and return to play

(RTP) guidelines are also included, however are often brief, lack specifics and recommendations appear to be simple common sense, specifically recommending that an athlete RTP once full resolution of symptoms occurs. Although this is understandable, given that each individual will respond to treatment differently and thus will have varied healing rates, it would have been of benefit to the if the author's had included a suggested reading list or direction towards a body of knowledge for more complete information of these topics.

All in all this text is a good investment for any health care professional working with athletes, both from a monetary standpoint and educational perspective. The editorial team of Herrera and Grant achieved their goal of comprising an accessible and practical text for the sports medicine practitioner. However, as new information comes to the forefront of sports medicine, it would be of benefit to have revised editions as well as focus on providing up to date and a better variety of reference for each chapter.