Contents

		Page
Preface		v
Dedications		vi
Contributors		xi
1	Abdominal injuries in sport	1
2	Achilles tendon and calf	4
3	Ageing, exercise and sport	7
4	Ankle – acute sprains	10
5	Ankle – persistent problems following sprains: lateral ankle instability	12
6	Ankle – persistent problems following sprains: other injuries	15
7	Ankle – persistent problems following sprains: overview	19
8	Biomechanics	21
9	Cervical spine – cervical disc injury and herniation	23
10	Cervical spine – cervical ligament and muscle injuries	25
11	Cervical spine – nerve root and brachial plexus injuries	27
12	Cervical spine – spinal cord injury and cervical cord neurapraxia	30
13	Cervical spine fracture/dislocation	33
14	Cervical spine injuries	38
15	Chest injuries – chest wall	40
16	Chest injuries – intrathoracic	43
17	Cold – hypothermia	46
18	Compartment syndromes	48
19	Diabetes and exercise	51
20	Disability and sport – classification	54
21	Disability and sport – equipment	56

22	Disability and sport – medical problems	59
23	Disability and sport – overview	63
24	Diving – breath-hold and scuba	65
25	Drugs in sport – anabolic steroids	68
26	Drugs in sport – blood doping, erythropoietin and altitude training	71
27	Drugs in sport – overview	74
28	Drugs in sport – the administrative framework: doping-control procedures	78
29	Elbow – instability	81
30	Elbow – lateral epicondylitis (tennis elbow)	86
31	Elbow – medial epicondylitis (golfer's elbow)	89
32	Elbow – throwing injuries	92
33	ENT conditions in sports medicine	97
34	Epilepsy and exercise	100
35	Event doctor	103
36	Exercise and health	106
37	Exercise physiology – circulatory and respiratory systems	109
38	Exercise promotion	112
39	Eye injuries in sports	117
40	Fatigue	120
41	Female athlete – exercise during pregnancy	122
42	Female athlete – the triad	124
43	Fitness testing	128
44	Forearm and wrist conditions	130
45	Gender verification	133
46	Gene doping	135
47	Groin pain	139
48	Hand injuries	143

49	Heel pain	146
50	Imaging – isotope bone scan	149
51	Imaging – magnetic resonance imaging (MRI)	151
52	Imaging – plain radiograph	154
53	Imaging – ultrasound (US)	156
54	Imaging of sports injuries – computed tomography (CT)	159
55	Infection and sport	161
56	Knee – anterior cruciate ligament (ACL) injuries	164
57	Knee – articular cartilage injuries	166
58	Knee – lateral ligament injuries	168
59	Knee – medial ligament injuries	171
60	Knee – meniscus injuries	174
61	Knee – multiligament injuries	176
62	Knee – other injuries	179
63	Knee – overuse injuries	182
64	Knee – patellofemoral conditions and anterior knee pain	184
65	Knee – posterior cruciate ligament (PCL) injuries	187
66	Knee injuries - acute	189
67	Maxillofacial injuries	191
68	Muscle properties relevant to sports and exercise	195
69	Nerve entrapment syndromes – lower limb	199
70	Nerve entrapment syndromes – upper limb	203
71	Nerve injury – overview	206
72	Osteoarthritis and sport	209
73	Paediatrics – osteochondrosis (osteochondritis)	211
74	Paediatrics – sports injuries	215
75	Paediatrics – sports medicine	221
76	Physiotherapy – acute injury management	223

77	Physiotherapy – general principles	229
78	Physiotherapy – rehabilitation	233
79	Prevention of sports injuries	236
80	Psychology – performance enhancement	239
81	Psychology – sports injuries	242
82	Pulmonary disorders and exercise	245
83	Shin pain	248
84	Shoulder – acromioclavicular joint injuries	251
85	Shoulder – acute dislocation	256
86	Shoulder – impingement syndrome/rotator cuff disease	259
87	Shoulder – instability	268
88	Shoulder – long head of biceps lesions	273
89	Shoulder – overhead and throwing athlete	276
90	Shoulder – superior labrum anterior posterior (SLAP) lesions	282
91	Skin infections	285
92	Sport and exercise at altitude	290
93	Sports-related concussion	292
94	Stress fractures	295
95	Team physician	298
96	Tendon overuse injuries	302
97	The team physiotherapist	307
98	Thermoregulation and fluid balance in hot conditions	310
99	Thigh – muscular contusions and myositis ossificans	313
100	Thigh pain (anterior) – quadriceps	316
101	Thigh pain (posterior) – hamstring	319
102	Training	323
103	Unexplained underperformance syndrome	326
104	Urological injuries	329
Index		333