



Sports Medicine of Baseball

Joshua S. Dines MD, Dr. David W. Altschek MD, James Andrews MD, Neal S. ElAttrache MD, Kevin E. Wilk PT, Lewis A. Yocum MD

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Making Sports Medicine of Baseball so unique is the fact that it is the only book that focuses solely on the evaluation and treatment of common problems experienced by baseball players.

While a large portion of this book focuses on shoulder and elbow problems, it also covers lower extremity injuries, spine conditions, and other common medical problems that may be encountered.

Of course, this book isn't just about treating players after an injury it's also about how to get them ready to play and prevent those injuries from occurring. Topics such as different training regimens for off-season versus in-season, and tailoring throwing programs for relievers and starters make this a must read for orthopaedic sports medicine physicians and athletic trainers for baseball players at all levels.

FEATURES:

- 850 illustrations help you visualize each step of the treatment program
- Strengthen your knowledge of training plans to prevent injuries and rehabilitation programs after injuries
- Learn from leading experts in the field

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