



## METADATA

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### Abstract

The book refers to the injuries that athletes often suffer from and concern their musculoskeletal system. The introduction gives a general reference to the rehabilitation team and how it should work together to treat and functionally reintegrate the athlete into active activity. The most common injuries faced by athletes are then discussed, categorised by body part. Initially, each chapter discusses the anatomy and functional anatomy of that part. Then, the mechanism of injury is described, while the type of injury (injury or

condition) is defined. Possible treatment options are indicated, followed by information on how the injured person is assessed and what problems arise from the musculoskeletal injury. The appropriate design and general philosophy that should underpin a rehabilitation programme is then suggested, with the aim of achieving the fastest and safest possible functional rehabilitation. Finally, exercise programmes are mentioned not only to maximise the athlete's performance after injury but also to prevent similar future problems.

