



Sports Medicine for Parents and Coaches

Daniel Boyle MD

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From five-year-olds playing T-ball to teenagers showing off their inline skating skills, kids love participating in sports. Their parents, who often know little about their child's chosen sport, assume the roles of cheerleader, coach, or, when injuries occur, trainer. For these parent-coaches, here is a comprehensive, illustrated guide to preventing and treating sports-related injuries written by a family physician certified in sports medicine.

FEATURES:

- Explains the physical and psychological readiness of children for certain sports at different ages
- Identifies injuries by the part of the body
Lists sport-specific injuries, from baseball through wrestling
- Emphasizes preventing injuries and illness
- Contains a glossary of basic medical terms
- Includes illustrations of injuries and preventive exercises

Whether their kids are avid or occasional athletes, this handy reference will increase parents' ability to deal with minor injuries and to identify potentially more serious problems that require professional attention.

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