Preface

Good health should be a goal of all children and adolescents, as well as the parents and guardians who care for them. Regular physical activity is part of achieving this goal. Sports can provide manifold benefits, including fitness, motor skill development, teamwork, and of course, fun. As with any pursuit that provides such benefits, however, there are risks involved, particularly for growing athletes. Physicians and other health professionals caring for active children should be able to provide appropriate care and advice for sport and fitness-related medical issues.

This book is written as a practical guide for those of us who provide care for young athletes. The focus is on musculoskeletal injuries that occur in this unique population, as well as conditions that may present as a musculoskeletal injury, but may have more serious consequences. The first section of the book focuses on rehabilitation and diagnostic imaging of musculoskeletal conditions in adolescents. The second section—organized according to anatomical region—addresses specific injuries that adolescents may sustain as a result of sport/activity participation. Each of these body part–specific chapters begins with a review of the relevant anatomy, followed by details of clinical evaluation. Specific injuries, such as acute and chronic injuries, are described in detail, including the management/treatment of each condition. Prevention of injuries and return to play guidelines are given full shrift. Each chapter concludes with “clinical pearls” that provide an insight into the way each of our expert authors practice their craft. Given the distinguished group of authors who graciously agreed to contribute to this resource, just these pearls themselves are worth the “price of admission”!

This prompts us to thank all those who generously donated their time and expertise to this project, particularly the chapter authors and our editors at Springer. Without their contributions, this project would not have come to fruition.

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