Preface

*Endurance Sports Medicine* has been in many ways a labor of love for the authors and the editor. It is the culmination of many years of experience with injuries and conditions as athletes, as researchers, and as sports medicine care providers. This textbook compiles the many concepts, experiences, and techniques required to approach and treat the complexities of conditions that affect endurance sports participants. I truly appreciate the contributions of the authors—many of whom are considered pioneers and leaders in the field of sports medicine—who have provided their invaluable insights and pearls. As a developing field of sports medicine, endurance medicine continues to expand its understanding of overuse injuries as athletes continue to push the limits of running, cycling, swimming, wheelchair, skiing, rowing, cross-fit sports, adventure and obstacle course racing, and many other demanding activities. Traditional strategies for treating overuse conditions such as simply stopping the causative activity or sport are no longer considered an acceptable option for many competitive athletes. Alternative training methods including a holistic approach to the evaluation, treatment, and prevention of activity-related conditions are now the standard of care as is evidenced throughout the 21 chapters of this book. This textbook details strategies for not only treating and preventing injuries and conditions but also for optimizing an athlete’s performance. Though it is too early to determine whether we can obviate the need to have athletes completely abstain from their sport of choice in response to an injury or condition, we can decrease the time lost from training and competition and allow for a more safe and predictable return to full activity. It is my hope that this textbook will be a valuable guide for sports medicine physicians, orthopedists, athletic trainers, physical therapists, coaches, officials, and athletes in understanding the needs of the determined individuals who participate in endurance sports.

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