



The Sports Medicine Bible for Young Athletes

By Lyle Micheli, Mark Jenkins



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Of the thousands of children's sports injuries that take place each year, many could be prevented through a proper understanding of conditioning and fitness. In one volume, *The Sports Medicine Bible for Young Athletes* contains everything you need to know about how to prevent or respond to every kind of children's sports injury. This comprehensive guide addresses:

- Children's fitness levels
- Nutrition for the young athlete
- Special considerations for young female athletes
- Guidelines for young athletes with chronic medical conditions (e.g., asthma)

Much of the book is devoted to the treatment of various injuries, from foot and heel to head and neck injuries. In addition, you will receive hands-on advice on the specific risks and dangers of each sport, from basketball and baseball to soccer and football. Whether your child is a seasoned athlete or simply enjoys playing sports, this is a must-have reference book.

"I urge anyone who has an interest in children's sports to make room for *The Sports Medicine Bible for Young Athletes* on their bookshelves."-T. Berry Brazelton, M.D.

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Editorial Review

From Publishers Weekly

Organized athletics for children developed in the wake of WWII, when the labor force expanded and women left home in increasing numbers. One unintended but inevitable result of these programs is the possibility of injury and the need for treatment. *The Sports Medicine Bible for Young Athletes: What Every Parent and Coach Needs to Know About Improving Children's Health Fitness Programs, Preventing Acute and Overuse Injuries, and Rehabilitation* by Lyle J. Micheli with Mark Jenkins is a guide for those in the field. Informed preparation should mean better programs with fewer problems. Micheli, the director of sports medicine at the Boston Children's Hospital/Harvard Medical School, champions well-organized, low-stress, enjoyable sports activities for kids and provides background on organization, goals, physiology, possible diseases and injuries and their treatments. (Sept.)

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From Library Journal

With more and more children participating in organized sports, the number of sports-related injuries is rising. Since children's bodies are growing and developing, they are more prone to injury than adults and more likely to suffer permanent damage if these injuries are not handled properly. Micheli, former president of the American College of Sports Medicine, points out that proper coaching techniques are crucial to prevent such injuries. He advises parents on how to find a good coach and to be sure that children are neither over- nor undertrained. Part 1 investigates every aspect of youth sports: why children join; nutrition; stress, both physical and mental; the effects and restrictions imposed by chronic illness or disabilities; drug use; and special concerns for female athletes, including amenorrhea and bone density. Part 2 examines each area of the body and discusses the particular acute and repetitive-use injuries to which they are subject. Also covered are congenital defects that may be revealed and/or exacerbated by certain types of activity, as well as first aid and extended care tips for every injury. Parents of sports-minded youngsters will want this well-organized and clearly presented book. Essential for public libraries and patient-oriented orthopedic libraries. Susan B. Hagloch, Tuscarawas Cty. P.L., New Philadelphia, OH

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From [Booklist](#)

This comprehensive guide offers sports-medicine information and advice to help parents "become better advocates" for their child athletes. The guidebook begins with a discussion of the pros (raised self-esteem, higher level of fitness) and cons (potential injuries, inexperienced coaches) of organized youth sports; then the authors discuss such health and fitness topics as nutrition, eating disorders, sports training, fitness levels, and injury prevention. The second half of the volume offers a compendium of sports injuries organized under body part (knee, shoulder, pelvis, etc.), accompanied by information on symptoms, causes, concerns, treatment options, rehabilitation, and recovery. This is a helpful, clearly organized guidebook for parents, coaches, and others seeking advice and direction for young athletes. *Sue-Ellen Beauregard*

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Users Review

From reader reviews:

Margaret Boyer:

In this 21st one hundred year, people become competitive in every way. By being competitive now, people have to do something to make all of them survive, being in the middle of the particular crowded place and notice by surrounding. One thing that occasionally many people have underestimated this for a while is reading. Yeah, by reading a reserve your ability to survive increase then having chance to endure than other is high. In your case who want to start reading the book, we give you this specific The Sports Medicine Bible for Young Athletes book as starter and daily reading e-book. Why, because this book is greater than just a book.

Gary Lafountain:

The knowledge that you get from The Sports Medicine Bible for Young Athletes may be the more deep you digging the information that hide inside the words the more you get serious about reading it. It does not mean that this book is hard to know but The Sports Medicine Bible for Young Athletes giving you enjoyment feeling of reading. The writer conveys their point in certain way that can be understood by simply anyone who read that because the author of this reserve is well-known enough. This kind of book also makes your current vocabulary increase well. Therefore it is easy to understand then can go to you, both in printed or e-book style are available. We propose you for having this kind of The Sports Medicine Bible for Young Athletes instantly.

Rocio Linville:

The book untitled The Sports Medicine Bible for Young Athletes contain a lot of information on this. The writer explains your girlfriend idea with easy way. The language is very easy to understand all the people, so do definitely not worry, you can easy to read the idea. The book was published by famous author. The author gives you in the new period of time of literary works. You can actually read this book because you can please read on your smart phone, or program, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site as well as order it. Have a nice go through.

Daniel Rhoads:

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