



Epidemiology of Pediatric Sports Injuries: Individual Sports (Medicine and Sport Science, Vol. 48)

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Epidemiology of Pediatric Sport Injuries reviews integratively the existing data on distribution and determinants of injury rates in a variety of sports, and suggests injury prevention measures and guidelines for further research. This volume focuses on individual sports, as the next volume will discuss team sports. Together the two volumes provide the first comprehensive compilation and critical analysis of epidemiological data over a wide range of children's and youth sports. In this volume, the reader will find information on individual sports such as Equestrian, Gymnastics, Martial Arts, Skiing and Snowboarding, Tennis, Wrestling as well as Track and Field injuries. All the sports-specific chapters are laid out with the same basic headings, so that it is easy to find common information across chapters. The section headings include: incidence of injury; injury characteristics; injury severity; injury risk factors and suggestions for injury prevention and further research. Sports scientists and healthcare professionals will find this publication useful in identifying areas in which appropriate preventive measures can be initiated to reduce the risk and severity of injury. It encourages coaches and sports administrators to discuss rules, equipment standards, techniques, and athlete conditioning programs. In turn, they can inform parents about the risks and how they can help their children avoid or limit injury in sports.

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