



As active clinicians with busy practices, we understand the demands placed on those individuals who care for athletes, as well as those not so athletic patients, with “sports medicine” injuries. It is often difficult and challenging to explain a diagnosis to a patient, define the pathophysiology and causes, discuss the prognosis, explain the various treatment options, and outline an initial treatment plan and criteria for return to activity within the time available during an office visit. In these times of managed care, decreasing reimbursements, and busier and busier practices, where quality patient time is becoming more and more difficult, an emphasis is placed on efficient time management and overall efficiency. If the clinician has the opportunity to explain all of the above, patients may not remember half of it (studies show patients remember approximately 10%), often because our explanation gets lost as patients ponder their diagnosis and prognosis and how their injury will affect their desired level of physical activity and quality of life. Our intent in writing this book is to make practice for the health care provider easier and more efficient and to provide proper information and education to the patient. We hope that this will improve their satisfaction with the information that they are given and their satisfaction with their visit to your office.

This book provides the clinician, whether a physician, physical therapist, or athletic trainer, with a brief **description** of an extensive list of sports medicine–related problems and pathologies written in patient-friendly (lay) language. **Musculoskeletal drawings** are included for the orthopaedic maladies and of several parts of the body (in the appendix), to help the patient better understand the problem and for general patient education. The format is such that these pages can be given to the patient to explain the problem, causes, risk factors, natural history, treatment options, and return to activity, as well as prevention. Also included are initial **exercises** and home exercise programs for most of the orthopaedic maladies so that the patient can perform these exercises until the return to the physician for a follow-up visit (being managed care oriented) or until they see a Physical Therapist (PT) or Certified Athletic Trainer (ATC) for a specific examination and rehabilitation program. No special equipment is necessary to perform these exercises, which can be helpful in these times of limited resources. **Nonorthopaedic issues** are included, as is information on many **supplements and medications** commonly used by athletes with the intention of improving performance. Information about these medications and supplements is provided regarding the theory behind use and known information, risks, and side effects. There is also general practical information about cast care; imaging (such as MRI); arthroscopy; outpatient surgery; and indications, techniques, and expectations of several commonly performed sports-related orthopaedic **surgeries**.

This book can be used by anyone, from the full time sports medicine specialist to the frequently injured weekend warrior who requires a trial of exercises or initial steps in management and notation of when to see the physician if the treatment program does not work. It is written with the average patient in mind to allow understanding of injuries that may otherwise be difficult to comprehend.

It is our sincere hope that the information contained in this book will be used frequently—by health care professionals and patients alike—to improve understanding of injuries, prevent reinjuries, and allow safe and healthy return to play, while educating individuals. Patients do not have to be athletes to benefit from this book, and health care providers do not have to be team doctors to utilize this book in helping their delivery of care to patients. The descriptions included within

should extend to a broad variety of patients, but in particular no athlete with a sports-related injury should leave your office, clinic, or training room without a handout.

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Notes:

(Up to 3000 characters only)

Notes and suggestions