100 Questions and Answers about Your Sports Injuries
Thomas Howard, Garry HK Wo, and Josh Lewis

Reviewed by Jeffrey Tincher, Indiana State University

Have you ever felt that “pop” in your calf muscle as you were exercising or participating in an activity, or tightness in your hamstring that makes it difficult to take the first few steps in the morning? Statistics indicate that approximately seven million Americans seek medical attention for sport-related injuries each year, at a cost of billions of dollars. If you have ever wondered whether you’ve injured yourself, what you can do to keep an injury from getting worse, or what to do to speed your recovery, then the book 100 Questions and Answers about Your Sports Injuries by Thomas Howard, Garry HK Wo, and Josh Lewis could be a great help to you. This book could reduce your chances of getting injured or, if you do get hurt, may help you get back to your activity more quickly and perhaps save you some money.

As the title indicates, the book asks and provides the answers to 100 different questions about sport- and activity-related injuries, covering a wide range of injuries that can occur from head to toe. The authors, three medical doctors who practice in the area of sports medicine, have gathered the information for this book from their collective experience and collated it into an easy to use resource. The book includes a section covering injuries that are more common among female athletes, and a chapter on injuries that are specific to certain sporting activities. The final section of the book covers various exercises that can be performed to strengthen areas of the body where injuries often occur, to either reduce the chance of getting injured or to rehabilitate an injury that has already occurred. The authors clearly explain the causes of the many injuries covered in the book and provide recommendations that are easy to understand and treatments that are simple enough to be performed at home. While this book is comprehensive, the authors do note in the forward that it is not meant to take the place of appropriate medical attention, and the explanations of some of the injuries covered in the book recommend evaluation by a healthcare professional.

Not only will athletes and individuals maintaining an active lifestyle find 100 Questions and Answers about Your Sports Injuries useful, it could also be an excellent resource for parents and coaches of young athletes, especially of athletes at the middle and secondary levels. Many schools at this level do not have an athletic training department, and this book could help in the recognition and prevention of potential injuries, which could cut down on lost playing time and reduce the number of injured athletes.

In this reviewer’s opinion, 100 Questions and Answers about Your Sports Injuries is a good, comprehensive guide to recognizing common injuries that affect athletes of all abilities, and the knowledge and expertise of the authors make it a good addition to anyone’s library.
References


