

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

- Bishop, W. H. (1895). *The Garden of Eden, U.S.A.: A very possible story*. Chicago: Charles H. Keer & Co.
- Boddy, K. (2008). *Boxing: A cultural history*. London: Reaktion.
- Carr, W., & Kemmis, S. (1986). *Becoming critical: Education, knowledge and action research*. London: Deakin University Press.
- CBS News.com. (2009, November 10). *Elizabeth Lambert video: Attractive, aggressive, suspended... victim?* Retrieved December 4, 2009, from http://www.cbsnews.com/8301-504083_162-5601480-504083.html.
- Denfeld, R. (1997). *Kill the body, the head will fall: A closer look at women, violence and aggression*. New York: Warner.
- Dunn, K. (2009). *One ring circus: Dispatches from the world of boxing*. Tucson, AZ: Schaffner.
- Frisby, W., Crawford, S., & Dorer, T. (1997). Reflections on participatory action research: The case of low-income women accessing local physical activity services. *Journal of Sport Management, 11*(1), 8-28.
- Frisby, W., Maguire, P., & Reid, C. (2009). The 'f' word has everything to do with it: How feminist theories inform action research. *Action Research, 7*(1), 13-29.
- Hager Cohen, L. (2005). *Without apology: Girls, women and the desire to fight*. New York: Random House.
- Hollander, J. (2004). 'I can take care of myself': The impact of self-defense training on women's lives. *Violence Against Women, 10*(3), 205-234.
- Hollander, J. (2009). The roots of resistance to women's self-defense. *Violence Against Women, 15*(5), 574-594.
- Kerr, J. H. (1999). *Motivation and emotion in sport reversal theory*. East Sussex, UK: Psychology.
- Kerr, J. H. (2005). *Rethinking aggression and violence in sport*. New York: Routledge.
- LA Times.com. (2010, March 4). *Baylor's Brittney Griner punches Texas Tech player*. Retrieved March 6, 2010, from http://latimesblogs.latimes.com/sports_blog/2010/03/brittney-griner-punch-video-baylor-jordan-barncastle-baylor-texas-tech-suspension-big-12.html.
- as-tech-suspension-big-12.html.
- Luke, K. (2008). Are girls really becoming more violent: A critical analysis. *Affilia: Journal of Women and Social Work, 23*(1), 38-50.
- McCaughey, M. (1997). *Real knockouts: The physical feminism of women's self-defense*. New York: New York University Press.
- McCaughey, M. (1998). The fighting spirit: Women's self-defense training and the discourse of sexed embodiment. *Gender & Society, 12*(3), 277-300.
- McKenna, K., & Larkin, J. (Eds.) (2002). *Violence against women: New Canadian perspectives*. Toronto: Inanna.
- Morieltte, M., Odgers, C., & Jackson, M. (Eds.) (2004). *Girls and aggression: Contributing factors and intervention principles*. New York: Kluwer Academic/Plenum.
- Oates, J. C. (2002). *On boxing*. New York: Harper.
- Pepler, D., K. Madsen., C. Webster., & Levene, K. (2008). *The development and treatment of girlhood aggression*. New Jersey: Lawrence Erlbaum.
- Reid, C., Tom, A., & Frisby, W. (2006). Finding the 'action' in feminist participatory action research. *Action Research, 4*(3), 315-332.
- Simmons, R. (2002). *Odd girl out: The hidden culture of aggression in girls*. Florida: Harcourt.
- Sokoloff, N., Pratt, C., & Ritchie, B. (Eds.) (2005). *Domestic violence at the margins: readings on race, class, gender, and culture*. Piscataway, NJ: Rutgers University Press.
- Tinning, R. (1992). Action research as Epistemology and Practice: Towards transformative educational practice in physical education. In A. C. Sparkes (Ed.), *Research in physical education and sport: exploring alternative visions* (pp. 188-209) London: The Falmer.
- Wesely, J. (2006). Considering the context of women's violence. *Feminist Criminology, 1*(4), 303-328.
- Zizek, S. (2008). *Violence: Six sideways reflections*. New York: Picador.