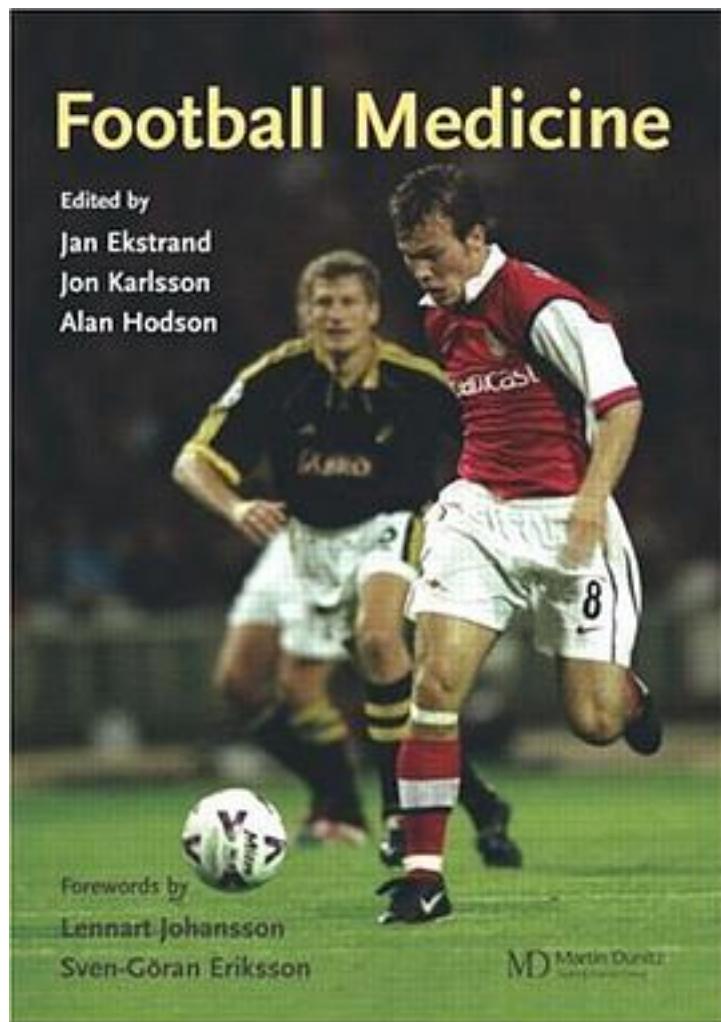


Football Medicine



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Football-related injuries are a major problem, not only for players, but also for coaches

and their clubs. However, there are predictable reasons behind many football-related injuries, so it is also possible to plan ahead to reduce their number and seriousness. Football Medicine covers comprehensively all aspects of injuries affecting footballers at all levels and ages. The etiology and mechanism behind injuries and the impact of disease are carefully explained to give a better understanding of the relationship between the game and the problems that players can face. The subsequent treatment and course of rehabilitation that should be carried out is also described. In addition, there is a detailed discussion of how players, together with their coaches and the medical staff, can take precautions to avoid or minimize injury.

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