

Sports Injuries Information for Teens



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This resource for middle and high school student athletes draws together material from government agencies, nonprofit organizations, and periodicals to discuss acute, traumatic and chronic injuries incurred during sports and how they can be treated. Symptoms, diagnostic tests, and rehabilitation are reviewed for injuries such as strains, sprains, fractures, and overuse. Other topics include physicals, handling pressure and competition, mental health issues, substance-related concerns, female athletes, and sports drinks and energy bars. Safety and prevention guidelines are also given. Sources include the Centers for Disease Control and Prevention, the Consumer Product Safety Commission, the National Institute of Arthritis and Musculoskeletal and Skin Diseases, the National Institutes of Health, the President's Council on Physical Fitness and Sports, and the US Department of Labor.

作者介绍:

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