



Essentials of Primary Care Sports Medicine

Gregory Landry, David Bernhardt

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Essentials of Primary Care Sports Medicine gives a non-orthopedic approach to sports medicine that will help athletic trainers, sports therapists, sports medicine physicians, and health practitioners as well as students in these areas focus on athletes' general health issues. Readers will be able to understand the primary care concerns of athletes, earn their trust, and work more effectively with them.

From hypothermia to mononucleosis, *Essentials of Primary Care Sports Medicine* will help readers recognize relevant signs and symptoms and determine when a physician's attention, diagnosis, and treatment are required. The book outlines different courses of treatment, the significant role an athletic trainer plays in the healing process, and factors involved in the decision to return to activity.

University sports medicine team physicians Dr. Greg Landry and Dr. David Bernhardt treat athletes and lecture extensively on the care of athletes with disorders in body systems, infections and allergies, nutritional disorders, psychological issues, and pharmacological concerns. In *Essentials of Primary Care Sports Medicine* they share their knowledge and experience with those already practicing in the field and those who are studying to become athletic trainers, physical therapists, and personal trainers. The text is packed with relevant and practical topics, including the psychological dimensions of working with adolescents, athletes undergoing rehab and burnout, and those showing signs of sexually transmitted diseases or addictive behaviors.

The book also provides the following information:

- Extensive medical terminology to help readers communicate better with athletes' physicians

- Almost 100 line drawings and photos

- Hands-on advice for those working with athletes with asthma, diabetes, and other chronic conditions that require ongoing and practical interventions

- Pedagogical aids including chapter objectives and summaries, lists of terms and definitions in each chapter as well as in a glossary, case studies, a listing of resources for further information in each chapter, and an extensive index

With *Essentials of Primary Care Sports Medicine*, professionals and students in athletic training, personal training, and sports medicine have an essential reference and textbook that will increase their knowledge base and help them contribute immeasurably to the long-term health of athletes.

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