

PART 1 INTRODUCTION TO SPORTS REHABILITATION.

1 Introduction to sport injury management (*Jeffrey A. Russell*).

PART 2 INJURY SCREENING AND ASSESSMENT OF PERFORMANCE.

2 Injury prevention and screening (*Phil Barter*).

3 Assessment and needs analysis (*Paul Comfort and Martyn Matthews*).

PART 3 PATHOPHYSIOLOGY OF MUSCULOSKELETAL INJURIES.

4 Pathophysiology of skeletal muscle injuries (*Dr Lee Herrington and Paul Comfort*).

5 Tendons (*Dr Stephen Pearson*).

6 Pathophysiology of ligament injuries (*Dror Steiner*).

7 Pathophysiology of skeletal injuries (*Sarah Catlow*).

8 Peripheral nerve injuries (*Elizabeth Fowler*).

PART 4 EFFECTIVE CLINICAL DECISION MAKING.

9 An introduction to periodisation (*Paul Comfort and Martyn Matthews*).

10 Management of acute sport injury (*Jeffrey A. Russell*).

11 Musculoskeletal assessment (*Julian Hatcher*).

12 Progressive systematic functional rehabilitation (*Earle Abrahamson, Victoria Hyland, Sebastian Hicks, and Christo Koukoullis*).

13 Strength and conditioning (*Paul Comfort and Martyn Matthews*).

14 Nutritional considerations for performance and rehabilitation (*Helen Matthews and Martyn Matthews*).

15 Psychology and sports rehabilitation (*Rhonda Cohen, Dr Sanna M. Nordin and Earle Abrahamson*).

16 Clinical reasoning (*Earle Abrahamson and Dr Lee Herrington*).

PART 5 JOINT SPECIFIC INJURIES AND PATHOLOGIES.

17 Shoulder injuries in sport (*Ian Horsley*).

18 The elbow (*Angela Clough*).

- 19 Wrist and hand injuries in sport (*Luke Heath*).
- 20 The groin in sport (*John Allen and Stuart Butler*).
- 21 The knee (*Nicholas Clark and Dr Lee Herrington*).
- 22 Ankle complex injuries in sport (*David Joyce*).
- 23 The foot in sport (*John Allen*).
- Index.