Book review:

“Sports Injuries- a self-help guide”
Lotus Publishing Inc., UK.

ABSTRACT
This is a review of the book titled, “Sports injuries: a self-help guide” written by Vivian Grisogono, and published by Lotus publishing house, UK. The review was comprised of two sections- publisher’s and editor’s perspective.

Key words: sports medicine, sports injuries, self-management.

Publisher’s information:
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Sports Injuries: A Self-Help Guide is uniquely comprehensive; perfect for anyone suffering from a physical injury, and for everyone involved in injury prevention, sport and health promotion. The book is an invaluable resource for keep-fit enthusiasts, sports participants, competitors.

ABSTRACT

Lotus Publishing has been producing high-quality paperback books for some eight years. Founded in 2003 by Jonathan Hutchings and author Chris Jarmey, the company operates out of an office on the West Sussex/Hampshire border in the UK, and has an international presence through its excellent relationship with North Atlantic Books, the company’s co-publisher in the USA. Lotus Publishing titles are distributed in North America by the Random House Group.

The new edition of best-selling book: Sport Injuries: A Self-Help Guide is set for release on 28 February 2012 by renowned health and fitness publisher Lotus Publishing. The first edition sold successfully globally for over 25 years, having been translated into several languages. The soon to be released second edition takes the successful structure of the first edition, and updates it with a wealth of completely new material, including rewritten text for the modern sportperson, anatomical colour illustrations and rehabilitation exercises. It gives a top-to-toe description of the most common injuries which can affect the body, alongside more unusual ones, with simple, safe advice on how to cope with each ailment.

The book describes: how the body works; why injuries happen; how injuries affect different age groups; injury prevention; what to do and what not to do for an injury; complications of injuries; recovery through rehabilitation exercise programmes.

Sports Injuries: A Self Help Guide includes clear and accurate diagrams of the body’s anatomy as well as 300 rehabilitation exercises covering every part of the body. The opening chapters explore injuries, fitness and health, diagnosis, rehabilitation and self-help. Separate chapters then cover injuries and rehabilitation for each part of the body, starting at the foot. The concluding chapter covers the final recovery phase, leading to full fitness, as well as an all important section on injury prevention.

The author, sports injury expert Vivian Grisogono, says: “It is possible to recover, at least to some degree, from any physical injury. The key principles to safe self-help include knowing what to do and what not to do in each phase of an injury, and how to balance taking responsibility for oneself with seeking professional advice and treatment.”

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Sports Injuries: A Self-Help Guide is uniquely comprehensive; perfect for anyone suffering from a physical injury, and for everyone involved in injury prevention, sport and health promotion. The book is an invaluable resource for keep-fit enthusiasts, sports participants, competitors,
coaches, personal trainers, PE teachers, sports scientists, sports therapists, sports students, sporting organizations, and parents of sporting children. It is also an excellent reference tool for medical professionals and physical therapists dealing with sports and trauma.

With the London Olympics fast approaching an enthusiasm for sport in the UK and round the world has already started, but with it comes a raised incidence of injuries. All sports carry the risk of injuries, which can strike top competitors, the occasional jogger, and even non-sporting people of all ages. Sports Injuries: A Self-Help Guide is here to offer a helping hand!

Vivian Grisogono specializes in the treatment and prevention of sports injuries, and the promotion of fitness and good health. In practice for over 35 years, she has published nine books, written extensively on health and injuries in journals, magazines and newspapers, and done live and recorded broadcasts on radio and television. She set up the full-time sports injuries clinic at the Crystal Palace National Sports Centre in London, has been British Olympic team physiotherapist, and was the first physiotherapist to be awarded an honorary lectureship to the London Hospital Sports Medicine Diploma Course for doctors. For further information, visit www.viviangrisogono.com

EDITOR’S VIEW:

The book is a useful one-stop resource for beginners and it comprises of distinct but yet strategically organized flow of information beginning with earlier chapters focusing on principles and concepts of injuries- their diagnosis, rehabilitation and self-help; followed by region-wise detailed description until final recovery and return to function.

The book is primarily targeted to athletic trainers, physical educators, physical therapists, sportspersons and coaches, through its vividly simple style of providing information. Eg., the descriptions are categorized under ‘what you feel’ (symptoms), causes (injuries), directions (self-help strategies) and ‘how long’ (expected or anticipated period of recovery)?

This book review was intended to provide a perspective from an editor's point of view. Journal of Physical Therapy (JPT) welcomes replies to this review or other reviews of such books both from professionals and public alike, for getting an insight into readers' perspective.

ACKNOWLEDGMENTS

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CONFLICTS OF INTEREST

None identified and/or declared.

LEGAL DISCLAIMER

This book review does not imply endorsement or recommendation of the book by the journal or the editor.