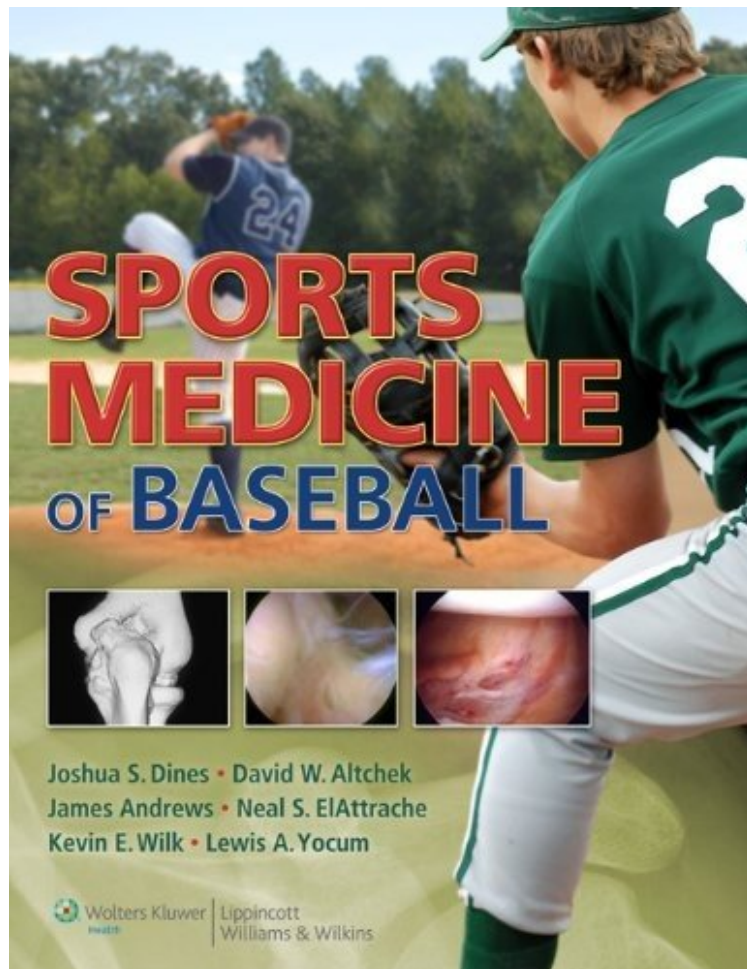


## Sports Medicine of Baseball

*Joshua S. Dines MD, Dr. David W. Altchek MD, James Andrews MD, Neal S. ElAttrache MD, Kevin E. Wilk PT, Lewis A. Yocum MD*

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**Joshua S. Dines MD, Dr. David W. Altchek MD, James Andrews MD, Neal S. ElAttrache MD, Kevin E. Wilk PT, Lewis A. Yocum MD : Sports Medicine of Baseball** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Sports Medicine of Baseball:

Making Sports Medicine of Baseball so unique is the fact that it is the only book that focuses solely on the evaluation and treatment of common problems experienced by baseball players. While a large portion of this book focuses on shoulder and elbow problems, it also covers lower extremity injuries, spine conditions, and other common medical problems that may be encountered. Of course, this book isn't just about treating players after an injury; it's also about how to get them ready to play and prevent those injuries from occurring. Topics such as different training regimens for

off-season versus in-season, and tailoring throwing programs for relievers and starters make this a must read for orthopaedic sports medicine physicians and athletic trainers for baseball players at all levels. FEATURES: 850 illustrations help you visualize each step of the treatment program Strengthen your knowledge of training plans to prevent injuries and rehabilitation programs after injuries Learn from leading experts in the field