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## **Sports Medicine of the Lower Extremity, 2e**

*Steven I. Subotnick DPM ND DC*

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**Steven I. Subotnick DPM ND DC : Sports Medicine of the Lower Extremity, 2e** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Sports Medicine of the Lower Extremity, 2e:

This state-of-the-art New Edition provides an integrated approach to the diagnosis, treatment, and rehabilitation of athletic injuries to the lower extremity. Its encyclopaedic coverage of the field examines sport-specific biomechanics, physical therapy, nutrition, injury prevention, surgical indications and procedures, and much more. Readers will find the latest practical guidance on both adults and children in this comprehensively revised and updated 2nd Edition. Integrates conventional medicine with alternative and complementary medicine to offer readers a holistic approach to athletic injury. Presents new sections on the applications of naturopathy, osteopathy, acupuncture, and homeopathy. Explores team-sports injuries with new coverage of football, basketball, soccer and baseball. Features complete discussions of normal and abnormal function. Examines both conservative and surgical approaches--and highlights specific management techniques throughout. Stresses biomechanics and the practical applications of new biomechanical research. Offers alternative management options to help readers choose the best approach for each patient. Examines injuries by both region and sport or activity.