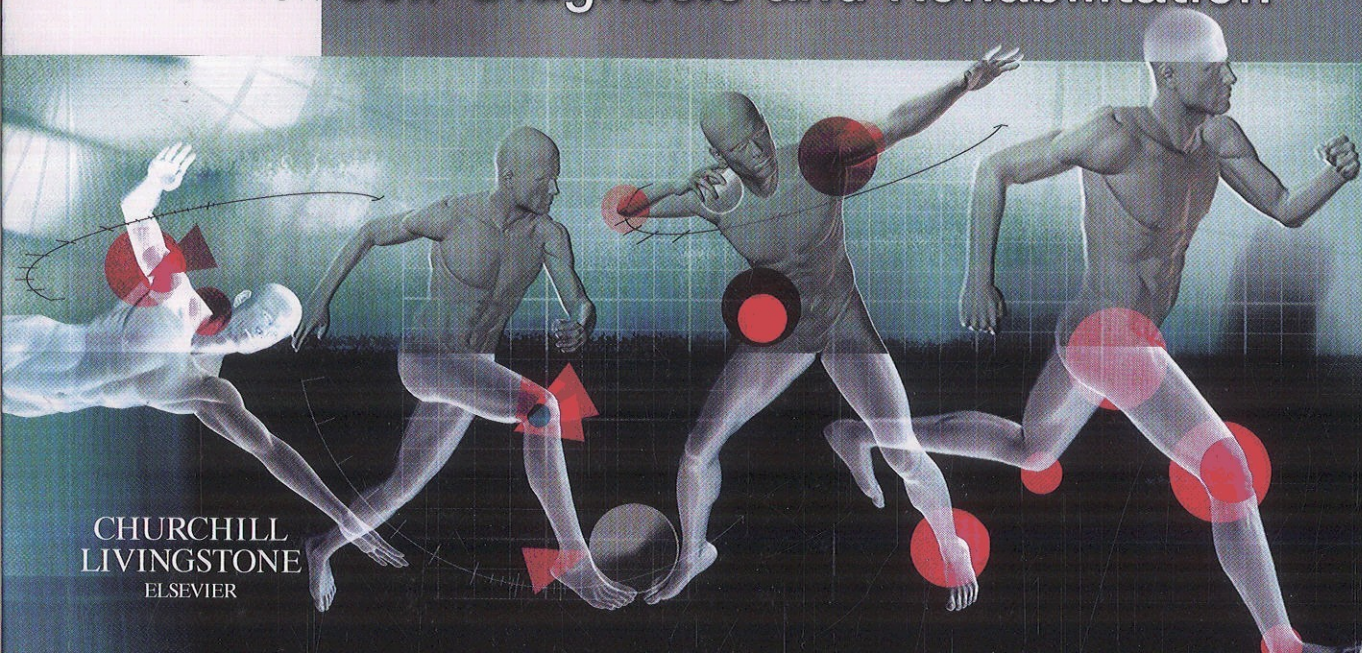


Malcolm **Read** with Paul **Wade**

Sports Injuries

3rd
EDITION

A Unique Guide to
Self-Diagnosis and Rehabilitation



CHURCHILL
LIVINGSTONE
ELSEVIER

Contents

How to get the most out of this book	vi	Neck and chest	62
1 How to avoid injuries in the first place	1	Shoulder	66
Three simple rules	2	Elbow	75
Stretching exercises	3	Wrist and hand	84
Some sensible tips	8	Back	91
RICE	8	Correcting your posture	98
Your injury kit	10	Hip and pelvis	104
A-Z of tips	12	Upper leg	112
2 Guide to treatments	30	Knee	117
A-Z of self and medical treatments	31	Lower leg	134
A-Z of common ailments and how to deal with them	40	Ankle	143
3 Top-to-toe guide to injuries:		Foot and toes	150
Diagnosis, cause, treatment and training	44	4 How to recover from an injury	160
How to use this section	45	Dr Malcolm Read's training ladders for rehabilitation	161
Serious injuries	50	Basic patter routine	163
Head	51	Home and workplace	178
Maddox questions	52	5 Sport-by-sport guide to technical injuries	181
First-aid advice for concussion/knockout	53	6 A-Z of medical terms	209
Neck and shoulder	58	Index	217