
Preface

Sports injuries to the foot are extremely common. The incidence of these injuries has increased over the years as fitness has become more popular, adolescents participate in sports year round, and the aging athlete stays in the game. This book will review the evolution of treating foot sports injuries from the playing field, to the office, to surgery, and through rehabilitation.

In constructing this book, the intended audience includes athletic trainers, physical therapists, primary care sports medicine physicians, orthopedic surgeons, podiatrists, and any practitioner who treats foot sports injuries. I have compiled a team of experts who have shared their unique experience and knowledge in managing sports injuries to the foot. Their insights will significantly enhance the reader's ability to treat these common and at times complex injuries.

I thank each of the contributors for their hard work and sharing of knowledge. I would also like to thank my wife, Cydney, and my three children, Allyson, Hailey, and Ryan for always supporting me. I am blessed!

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Sports Injuries of the Foot

Evolving Diagnosis and Treatment

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2014, X, 224 p. 139 illus., 94 illus. in color., Hardcover

ISBN: 978-1-4899-7426-6