
Preface

This textbook is dedicated to the teams of physicians, athletic trainers, orthopaedists, coaches, physical therapists, and other clinicians who care for the physically active, but most importantly, to all the athletes who have sustained or struggled with an injury to the quadriceps or hamstrings. Though many of these injuries are self-limiting, many require surgical intervention and can have devastating consequences to an athletic career. In today's world with the ever-expanding emphasis on training, exercise, and performance, quadriceps and hamstring injuries are not uncommon. With society's expectation of quick and complete recovery, a complete understanding of these injuries is key to maximize recovery and minimize long-term impairment. Editing this textbook has been most rewarding as the authors responded and produced their respective chapters. We would like to acknowledge our appreciation of the authors for taking the time and effort to share their expertise, experience, research, and clinical pearls in the evaluation and treatment of quadriceps and hamstring injuries in athletes. This book is intended to be a current summation of the basic science and epidemiology of these injuries as well as a summary of the current best practices for the evaluation and treatment of these soft tissues about the thigh. This text is focused on material relevant to the clinician, and it is our most sincere hope that this text is of great value to not only clinicians, but students, coaches, and athletes as well.

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A Clinical Guide

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