Doody’s Book Reviews
Spine Injuries in Athletes

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This efficient, 285-page book is a wonderful, up-to-date, go-to reference on spine injuries in athletes. This modern book offers an online version that provides flexible access to multiple devices, on-field simulation videos, multiple viewing options for all figures, and search tools with smart navigation.

Purpose
The goal is to give readers the ability to quickly navigate the unique clinical issues involved in treating athletes who have spinal injuries. Personally, I love print books, but in this case the online version is clearly a bonus, particularly due to the educational videos.

Audience
A broad audience will be receptive to this book. While it is obviously focused on orthopedic surgeons or residents working either in spine or sports medicine, I am confident that primary care sports physicians, chiropractors, physical therapists, and athletic trainers will find it a valuable addition to their library. Andrew Hecht and the American Academy of Orthopaedic Surgeons have done an impressive job of bringing together a superstar cadre of contributors covering problems from cervical to lumbar spine.

Features
The book is well organized, beginning with a section on general spine issues in sport including epidemiology, rehabilitation, on-field management, and special populations. As expected, the book has sections on both cervical and lumbar spine issues, the most common areas injured in athletes. Finally, there is a bonus section on concussion. This may come as a surprise in a book on spine injuries in athletes, but the head and neck are commonly discussed together.

Assessment
This is a unique offering. It takes a broad approach to spine injuries in athletes, making it a great reference for all practitioners in sports medicine. Admittedly, this is not a "how-to" book on spine surgery, but it is a wonderful reference regarding athletes with neck pain, back pain, and concussions. This is a great book for the athletic training room, the sports medicine specialist's office, and the institutional library. I am sure my copy will be well used.

Weighted Numerical Score: 86 – 3 Stars

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