



# **Handbook of Neurological Sports Medicine: Concussion and Other Nervous System Injuries in the Athlete**

*Anthony Petraglia, Julian Bailes, Arthur Day*

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*Handbook of Neurological Sports Medicine: Concussion and Other Nervous System Injuries in the Athlete* presents techniques for diagnosis and treatment of head-related injuries to enable medical professionals to provide the best care possible. Authored by a respected team of neurosurgeons, including highly regarded concussion researcher Julian Bailes, this evidence-based reference offers expert guidelines for managing these serious injuries.

A strong focus is placed on concussion due to the risk involved with this common injury. The text outlines how to recognize, assess, and treat concussions, preparing practitioners to calmly respond to athletes who are exhibiting signs of this dangerous condition. It also reviews the biomechanics and pathophysiology at the core of concussions to better understand their clinical presentations.

Critical return-to-play guidelines and participation recommendations for patients with preexisting neurological conditions or structural lesions arm medical professionals with the principles needed for making appropriate decisions for athletes' safety. The text explains the roles of pharmacological management, natural treatment approaches, rehabilitation strategies, and education. In addition, chapters provide coverage of postconcussion syndrome, subconcussion, and second-impact syndrome.

*Handbook of Neurological Sports Medicine* also takes a look at other traumatic injuries, including injuries to the cervical, thoracic, and lumbar spine, and the soft tissue and fascia within the spinal unit. It provides an overview of peripheral nervous system injuries to ensure medical professionals understand those serious and potentially career-ending issues, reviews facets of optimal response with suspected or proven spinal injury, and discusses the evaluation and management of athletes with non-concussion-related headaches and heat illness or heatstroke. The text includes additional features to address issues surrounding critical injuries:

- Guidance on developing an action plan for athletic events prepares first responders for emergency situations.
- A review of cases of interest provides examples of situations that can—and do—occur.
- Medicolegal considerations educate practitioners about negligence, standard of care, and proximate cause.
- More than 150 photos and illustrations offer visual support to further explain the injuries.

The evaluation and management of sport-related neurological injuries have matured at an unprecedented rate. *Handbook of Neurological Sports Medicine* is a critical resource for all who encounter and treat neurological injuries, providing the foundation for the clinical decisions that all athletic medical practitioners must make to give their patients the best treatment possible.

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