



**The Encyclopaedia of Sports Medicine: An IOC
Medical Commission Publication, Sports Injuries:
Basic Principles of Prevention and Care (Volume
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Sports injuries are very common and their incidence is rising. Since the cost of treating even minor injuries can be considerable, prevention will play an increasingly important part in sports medicine. Sports Injuries: Basic Principles of Prevention and Care covers both scientific principles and clinical approaches in injury prevention and care. Specific preventive injuries such as proper equipment, shoes, braces and taping are discussed along with more general strategies such as flexibility training, warming up and proprioceptive training. Nutrition, medication and psychological considerations are also covered.

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