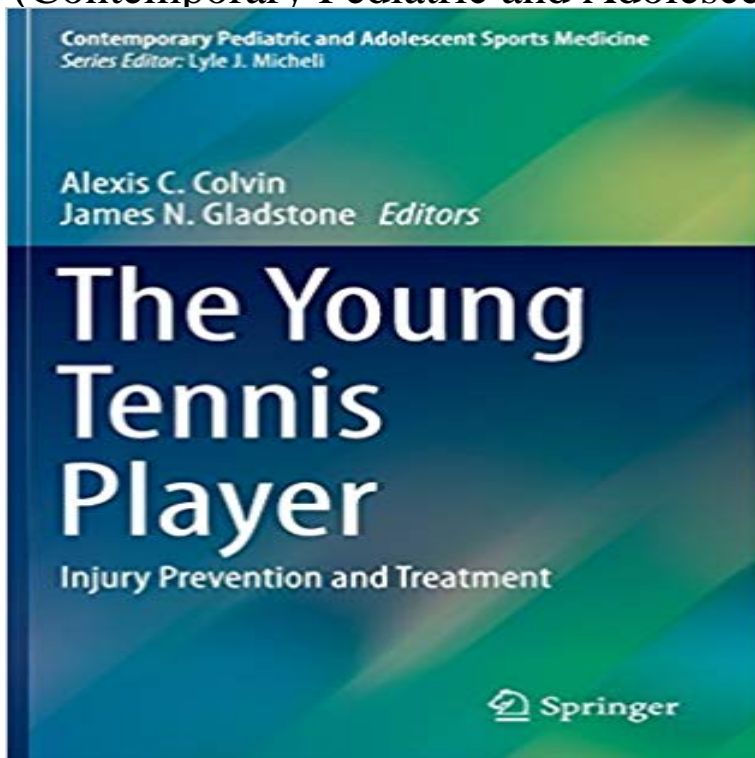


# The Young Tennis Player: Injury Prevention and Treatment (Contemporary Pediatric and Adolescent Sports Medicine)



Presenting a multidisciplinary approach to the prevention and management of injuries to young tennis players, this unique book considers multiple factors contributing to the increasing numbers of such sports-related injuries, such as increased young athlete participation in tennis, the pre-professionalization of younger players and misconceptions surrounding treating children in the same manner as adults. Beginning with the essentials for developing tennis players and their physical and mental growth with the sport, the text then turns to prevention and management techniques and strategies covering the upper and lower extremities, shoulder and elbow, hip and knee, and spine, as well as other acute medical conditions. Further consideration is given to proper nutrition, strength and conditioning, and rehabilitation and return to play. Edited by clinicians directly involved in the care of young tennis players and including contributions from physical therapists, nutritionists, sports psychologists, and physicians, it is an invaluable and comprehensive resource for any professional seeing and treating young tennis players.

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