2-1-1987

[Review of] Peak Condition: Winning Strategies to Prevent, Treat, and Rehabilitate All Sports Injuries

Robert A. Aken
University of Kentucky, robaken@uky.edu

Click here to let us know how access to this document benefits you.

Repository Citation
https://uknowledge.uky.edu/libraries_facpub/195

Follow this and additional works at: https://uknowledge.uky.edu/libraries_facpub
Part of the Collection Development and Management Commons, Medicine and Health Sciences Commons, and the Sports Studies Commons
[Review of] *Peak Condition: Winning Strategies to Prevent, Treat, and Rehabilitate All Sports Injuries*

**Notes/Citation Information**
Published in *Library Journal*, v. 112, issue 2, p. 86.

© 1987 *Library Journal*. All rights reserved.

The copyright holder has granted the permission for posting the article here.

This review is available at UKnowledge: [https://uknowledge.uky.edu/libraries_facpub/195](https://uknowledge.uky.edu/libraries_facpub/195)
Garrick, James G. & Peter Radetsky.
Peak Condition: winning strategies to prevent, treat, and rehabilitate all sports injuries.
As an overview of sports injuries, this offers little that is new. Sports Fitness and Sports Injuries edited by Thomas Reilley (LJ 4/15/81) and H. Winter Griffith's Complete Guide to Sports Injuries (LJ 6/1/86) are more comprehensive and better illustrated. But Garrick has developed a good bench-side manner in his years of work with amateur and professional athletes in a variety of sports, and this comes through in the text. The first half of the book is arranged according to body part, each chapter emphasizing prevention, diagnosis, and rehabilitation. The second half mixes superfluous essays on a few random sports with useful discussions on surgery, doctor selection, and children's sports injuries. A readable, straightforward guide, especially for beginners.—Robert Aken, University of Kentucky Library, Lexington