2-1-1987

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

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

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As an overview of sports injuries, this offers little that is new. *Sports Fitness and Sports Injuires* edited by Thomas Reilly (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