

Contents

List of Contributors, vi

Foreword, viii

Preface, ix

- 1 Why is injury prevention in sports important? 1
Lars Engebretsen and Roald Bahr
- 2 A systematic approach to sports injury prevention 7
Willem Meeuwisse and Roald Bahr
- 3 Developing and managing an injury prevention program within the team 17
Andrew McIntosh and Roald Bahr
- 4 Preventing ankle injuries 30
*Jon Karlsson, Evert Verhagen,
Bruce D. Beynnon and Annunziato Amendola*
- 5 Preventing knee injuries 49
*Timothy E. Hewett, Bruce D. Beynnon,
Tron Krosshaug and Grethe Myklebust*
- 6 Preventing hamstring injuries 72
*Geoffrey M. Verrall and Árni Árnason,
Kim Bennell*
- 7 Preventing groin injuries 91
*Per Hölmich, Lorrie Maffey and
Carolyn Emery*

- 8 Preventing low back pain 114
Adad Baranto, Tor Inge Andersen and Leif Swärd
 - 9 Preventing shoulder injuries 134
Michael R. Krogsgaard, Marc R. Safran, Peter Rheinlœnder and Emilie Cheung
 - 10 Preventing elbow injuries 153
Mark R. Hutchinson and James R. Andrews
 - 11 Preventing injuries to the head and cervical spine 175
Paul McCrory, Michael Turner and Andrew McIntosh
 - 12 Preventing tendon overuse injuries 187
Jill Cook, Mads Kongsgaard, Karim Khan and Michael Kjær
 - 13 Implementing large-scale injury prevention programs 197
Randall W. Dick, Claude Goulet and Simon Gianotti
 - 14 Planning for major events 212
Michael Turner and Jiri Dvorak
- Index, 229