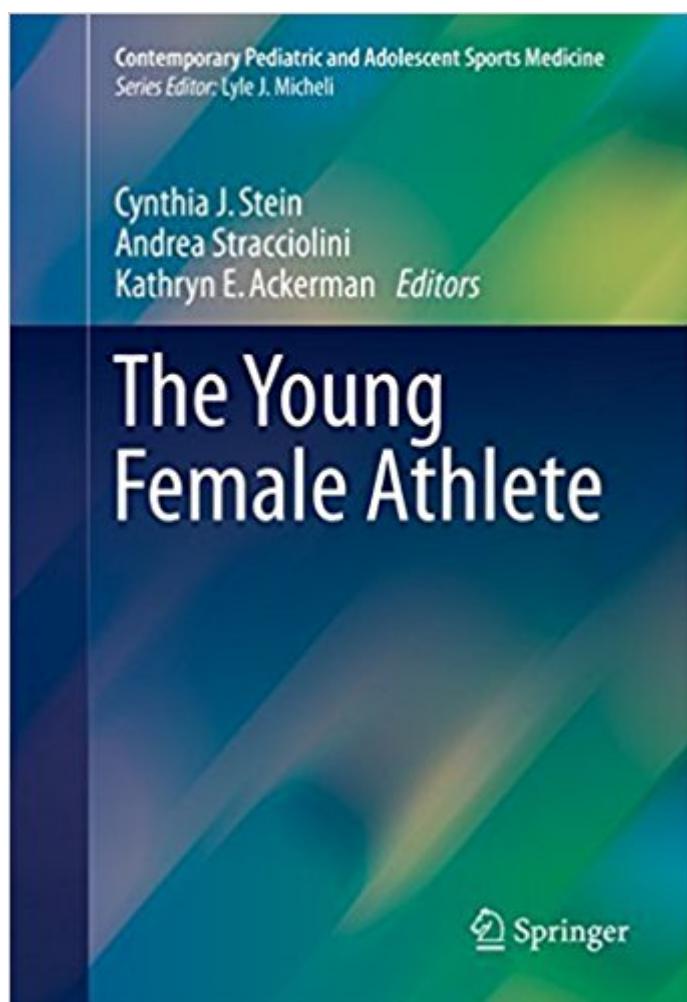


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# The Young Female Athlete (Contemporary Pediatric And Adolescent Sports Medicine)



## Synopsis

Utilizing a multidisciplinary approach and drawing on the experience of experts in their respective fields, this unique book presents and discusses an array of topics relevant to the ever-growing population of pediatric, adolescent and young adult female athletes. Each topic is clearly defined and includes epidemiology, diagnosis, treatment and future directions. Opening chapters discuss growth and development, sports nutrition, resistance training, and psychological considerations for the young female athlete, with a chapter focusing on the female athlete triad. Later chapters present injuries and management strategies common to the young female athlete, such as overuse injuries, spondylolysis, hip and ACL injuries, concussion, and cardiovascular complications. The concluding chapter considers the benefits of physical activity for chronic disease prevention later in life. The Young Female Athlete provides useful, up-to-date information for any practitioner treating this active population, encouraging sports participation with fitness, injury prevention, personal growth, and long-term health.

## Book Information

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## Customer Reviews

“This book can appeal to a variety of readers. For example, medical students may want to read this book cover to cover prior to an adolescent medicine rotation. There are not many books that address the female athlete in her entirety, thus making this a unique and useful book. It is well written and provides good information to help students or residents learn, while helping

practitioners address gaps in their knowledge. (Melissa Anne Novak, Doody's Book Reviews, September, 2016)

Utilizing a multidisciplinary approach and drawing on the experience of experts in their respective fields, this unique book presents and discusses an array of topics relevant to the ever-growing population of pediatric, adolescent and young adult female athletes. Each topic is clearly defined and includes epidemiology, diagnosis, treatment and future directions. Opening chapters discuss growth and development, sports nutrition, resistance training, and psychological considerations for the young female athlete, with a chapter focusing on the female athlete triad. Later chapters present injuries and management strategies common to the young female athlete, such as overuse injuries, spondylolysis, hip and ACL injuries, concussion, and cardiovascular complications. The concluding chapter considers the benefits of physical activity for chronic disease prevention later in life. *The Young Female Athlete* provides useful, up-to-date information for any practitioner treating this active population, encouraging sports participation with fitness, injury prevention, personal growth, and long-term health.

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