



Epidemiology of Injury in Adventure and Extreme Sports (Medicine and Sport Science)

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This book reviews the existing data on the frequency and distribution of injuries and the factors contributing to injuries in adventure and extreme sports. Further, it suggests injury prevention strategies and provides recommendations for future research. Providing the first comprehensive compilation of epidemiological data over a range of new age sports considered to be adventurous and extreme, this publication is also the first of its kind to track down all of the major literature associated with the topic. A uniform and evidence-based approach to organizing and interpreting the literature is used in all chapters. All of the sport-specific chapters are laid out with the same basic headings making it easier for the reader to find common information across chapters. Sports physicians, physical therapists, recreation managers, researchers, injury prevention specialists, the adventure and extreme sport industry, and the adventure and extreme sport participants themselves will find the book useful in identifying problem areas in which appropriate preventive measures can be initiated to reduce the risk and severity of injuries. They will also want to use the book as a source for future research related to injuries in adventure and extreme sports.

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