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The concept for this book is based on the expanding field of sports rehabilitation and injury prevention. Evidence of this expansion includes an increasing amount of research and publications related to sports rehabilitation and allied fields of practice such as sports therapy, athletic training and sports physiotherapy.

Despite the number and volume of publications in sports rehabilitation, there appears to be limited resources that accurately and effectively assess for evidence-based practices. Whilst some resources regard evidence-based practice knowledge, there is a need to develop a complete resource that fully explains and articulates these important principles. This current text has used an evidence-based practice approach to fully acknowledge the many diverse areas, applications and management strategies that are often unique to sports rehabilitation, but distinctly different from similar fields of practice and study.

Few sports rehabilitation programmes currently provide students with the breadth of information and practical application required for professional practice. This text has attempted to bridge the knowledge and practice gap, by considering the functional development of the sports rehabilitator's knowledge and practice requirements for professional competency. The text provides an up-to-date look at different evidence-based practice protocols and initial assessment strategies for the screening of injury and pathological conditions.

The first few chapters introduce the scope of practice for sports rehabilitation, and then describe, explain and evaluate the initial assessment and screening procedures necessary for decision making and clinical practice. These chapters further provide analysis on musculoskeletal function and dysfunction in relation to systemic organisation. The next

set of chapters provides a useful integration of applied areas and practices of study relevant to sports rehabilitation practice. These include, amongst others, nutritional analysis, psychological considerations in injury management and prevention, clinical reasoning development, and strength and conditioning principles. The text concludes with a range of chapters devoted to different injury conditions and body regions. These chapters detail the more common injuries and pathologies and argue for best management strategies based on research and applied evidence.

Each chapter also contains several practical application boxes that provide additional information summarising unique chapter-specific information. The majority of chapters contain applied examples and case studies to illustrate the processes and decisions necessary for clinical action and management. Each case study has been carefully developed to facilitate group discussion in the classroom, or for the clinician to consider as part of continued professional development.

In addition to serving as an upper level undergraduate or graduate textbook for students or clinicians in practice, the book is an excellent resource guide, filled with useful information and evidence-based practice considerations and applications. You will want to have this textbook on your desk or bookshelf. The features of consistent organisation, case studies, discussion questions, up-to-date references, research evidence and practical application boxes are designed to provide information required for effective study as well as directing clinical practice.

The design of this text can be compared to building a house, in that each component of both the text and house building can be modelled on individual building blocks. In the case of the house building