



ISSN: 1303 - 2968

SCImago 2016 SJR: 0.981 Cites per Doc. 2-Year: 2.04 3-Year: 2.17
 JCR 2016 IF 2-Year: 1.797 3-Year: 1.970 5-Year: 2.061 Average Citations
 PI: 7.7

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©Journal of Sports Science and Medicine (2012) 11, 792

Book review

EPIDEMIOLOGY OF INJURY IN ADVENTURE AND EXTREME SPORTS

Editors: T.W. Heggie and D.J. Caine - J. Borms, M. Hebbelinck, A.P. Hills, T. Noakes

Bibliographic: ISBN: 978-3-318-02164-6 / e-ISBN: 978-3-318-02165-3; 2012 by S. Karger AG, Basel, Switzerland, 178 pages, hard cover, \$229.00

Subjects: Epidemiology, Injury, Back Country and Mountain Sports, Ocean and Freshwater Sports, Terrain-Based Sports

Reviewed by: *Ufuk Sekir, MD, Prof., Department of Sports Medicine, Medical School of Uludag University, Bursa, Turkey.*

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DESCRIPTION

Epidemiology of Injury in Adventure and Extreme Sports collects current review articles on the frequency and distribution of injuries and the factors contributing to injuries in adventure and extreme sports

PURPOSE

The goal of the book is to provide a comprehensive compilation of epidemiological data of injuries over a range of new age sports considered to be adventurous and extreme

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AUDIENCE

The book is intended to a wide audience including sports physicians, physical therapists, recreation managers, researchers, injury prevention specialists, the adventure and extreme sport industry, and the adventure and extreme sport participants

FEATURES

The book is divided into 4 chapters, is composed of 10 review articles each written by different experts and includes 18 figures and 46 tables. Chapter I is "Introduction" including a review article about "The epidemiology of injury in adventure and extreme sports". In the second Chapter "Epidemiology of injury in back country and mountain sports" is subjected by two review articles. Third Chapter includes three review articles about "Epidemiology of injury in ocean and freshwater sports". Finally, four comprehensive review articles are addressing the topic "Epidemiology of injury in terrain-based sports" in Chapter IV

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ASSESSMENT

The content of the book tracks 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. The book identifies problem areas in which appropriate preventive measures can be initiated to reduce the risk and severity of injuries. Further, the book can be used as a source for future research related to injuries in adventure and extreme sports

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