

ANY GIVEN MONDAY

"A gold mine of
contemporary cautionary information
for the sports-minded."
—KIRKUS REVIEWS

**Sports Injuries and How to
Prevent Them, for Athletes,
Parents, and Coaches—Based
on My Life in Sports Medicine**



Dr. James R. Andrews

"The sports surgeon." —SPORTS ILLUSTRATED

with Don Yaeger

James R. Andrews M.D. and

Any Given Monday: Sports Injuries and How to Prevent Them for Athletes,
Parents, and Coaches - Based on My Life in Sports Medicine



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From the most renowned sports surgeon in the United States, "a gold mine of contemporary cautionary details for the sports-minded" both in the field and off. featured on CBS This Morning. Every year more than 3.5 million children will require treatment for sports-related injuries, the majority of which are avoidable through proper training and recognition. Dr. most vulnerable inhabitants: its young sportsmen. James Andrews, an orthopedic surgeon, sports medicine pioneer, and consultant for some of the fiercest teams in university and professional sports activities, distills his useful wisdom and professional advice to combat a growing epidemic of injury among sports' Andrews reveals how young athletes can increase their talent and keep maintaining a lifetime of health— Dr. Andrews addresses every major sport, including soccer, gymnastics, judo, basketball, tennis, baseball, cheerleading, wrestling, and more. From identifying feeding on disorders to avoiding career-ending ACL tears and concussions, Dr. Any Given Mon is a sport-by-sport information to injury prevention and treatment, written specifically for the parents, grandparents, and coaches of young sports athletes. (Kirkus Reviews) to promote the prevention of sports injuries, specifically among young people—



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Is he supporting the youngsters, or bragging?? Andrew uses his extensive understanding and knowledge in the treating athletic injuries to spotlight how those injuries can be avoided. I admit I just read the dance, cheer, and gymnastics chapters. Seen kids at 16 years previous toss over 90 pitches and play SS following game. After all, this is a book to market safety in youth sports activities, not really hear about all the perks he received during his career. If it truly is all about the youngsters, then make it about the kids. Three Stars Overview of Dr. As a travel baseball trainer myself I try to explain to parents our priority may be the health of their child.. However, the book could have been better if Andrews spent additional time on a few of the more major sports and less time bragging about his life's adventures. Parents have come if you ask me after a dual header and ask why their kid did not play 3rd base after pitching the First game pitching and throwing over 80 pitches ? My reply was he pitched a great game and his pitch count was 80 pitches so we DH him the next game but rest his arm rather than play the field so his arm gets rested. His dad said oh he was fine no reason he must have sat! I can't imagine many people needing All the information in this publication except maybe a sports activities administrator or physical therapist etc. Also informed him if they're upset than they should search for another team to play on because no good coach would agree with him and if indeed they did agree they shouldn't be coaching. I was so content when this book arrived from one of the top great Doctors of most of sports Dr Andrews. Four Stars Good information. Five Stars Great book and great price! Excellent cheerleading chapter. Five Stars Good information book This book is crucial read for any coach of .. I've seen through the years other teams pitching a 12 calendar year older 80 pitches and than same child play SS the next game of a doubleheader. This book is crucial read for any coach of any degree of youth sports. Dr. This book starts out well and has some good points. Following his information would reduce the number of youngsters her and his colleagues treat. The second half of the publication contains sport specific advice for coaches and sports athletes. Thank you Dr Andrews for writing this excellent book, Tony C. My reply was why would you as a mother or father want to over use and take a opportunity to harm his arm like therefore many parents do? However, it is a very well crafted book that covers a lot of different sports activities. The chapters contain extremely valuable information with great critical exam by the author. In fact the first few chapters ought to be examine by any parent pushing the youngster into organized sports activities. The Cheerleading chapter was remarkable. Very good book Dr Matthews talks injuries in kids and CTE Nothing groundbreaking but would recommend due to the nice fundamentals and intentions. Bottom line is there is a term of over schooling! Good information It has some very good info and is very helpful to parents and coaches. A must read for every sports parent Every parent needs to read this book in case you have children in sports. Andrews profession and a very basic dialogue of sport injuries. I now tell every mother or father to learn this book because easily can help just one kid prevent hurting his arm than I'm happy. A must read everyone! Amazing book! Eye opening to the ways that society pushes young sports athletes to succeed but in actuality are hindering them.



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