

FOREWORDS BY
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DON'T WORRY: **MY MOM IS THE TEAM DOCTOR**

THE COMPLETE GUIDE TO YOUTH SPORTS INJURY AND
PREVENTION FOR PARENTS, PLAYERS, AND COACHES



CAROL FREY, MD, AND JACOB FEDER

Carol Frey

Don't Worry: My Mom is the Team Doctor: The Complete Guide to Youth Sports Injury and Prevention for Parents, Players, and Coaches



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As competition increases, the pressure on youthful athletes intensifies, often leading to sports injuries. Millions of kids play organized sports. The good news is that more than half of sports injuries can be prevented. While explaining complicated medical issues in obvious terms and providing facts and case studies for readers who end up in the emergency room, Dr. Carol Frey, orthopedic surgeon and former university athlete, presents this definitive guideline filled with practical info about the most common sports injuries in kids from check out toe. Dr. Frey addresses these specific topics and more: -Doctor-recommended methods to treat and prevent specific accidents (on the sidelines and at home) -Best ways to come back both physically and psychologically from a sports activities injury -Risks and benefits of playing certain sports -Why kids' injuries are different -What parents certainly must know about concussion -The perilous problem when parents go wild -Vital differences between male and female athletes Don't Worry: My Mom may be the Team Doctor is a thorough, easy-to-understand guidebook that will assist young athletes stay competitive, end up being healthy, and avoid injury.



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Great Book for just about any Young Athlete or Parent involved with Youth Athletics This is actually the perfect book for just about any young athlete or parent to a Athlete! Dr. Frey does an excellent job addressing issues about injuries which are relevant to all young sportsmen. Her commentary and expert views are both relevant and comprehensible for the normal person. As a parent who has multiple children involved with competitive athletics, this book was immensely helpful in teaching me personally the risks and preventative measures to keep my children safe and healthy. Her guest commentary is certainly both engaging and amusing. I bought this book because we were particularly worried about my son's interest in being a defensive lineman for the senior high school football group. This reserve has great insight that has left me feel much more calm and comfortable with the risks associated with high school athletics because of my brand-new insight on precautionary measures. I have heard scary tales and my search for details online did nothing but make me even more fearful. Throughout the book she has included a broad selection of very practical tips and pearls for instructors, parents and sports athletes, from coping with a cast to putting together a sideline first-aid kit. Great reading, easy to get at details. The book is filled with useful information to greatly help kids better understand their own injuries and overcome the fear of time for play by giving both expert medical opinions AND first-hand accounts of situations that arise for many players.!! Goes through the strength and risks of youth sports activities and helps you to cope with your kids' injury while they are sitting on the bench. great resource ! I have not seen a reserve that goes into this sort of depth and assists everyone- players, coaches and parents. Jacob's case studies of fellow injured sportsmen are first-hand accounts from the kids themselves. Injured kids want this sort of insight and details to help them understand their sports injuries so the injury will not define them but is just a part of the game. Frey! and several other topics.. This is a great resource. A must-have for parents, coaches and student-athletes As a Sports activities Medicine physician and group doctor myself, I was delighted to find a book that I could confidently recommend to my athletes and their parents and instructors. Dr. This is actually the type of publication you will need to keep handy when you need it. I was amazed at the thoroughness of the publication. Dr. Frey touches on a little bit of everything: risks of specific sports; symptoms, analysis and treatment of common injuries; strength and conditioning applications; being a parent on the sidelines; For every parent whose kids play team sports. Thanks a lot Dr. She actually explains points that doctors like myself often take for granted, like the differences among several medical imaging research. The book isn't just for males who play sports: there's an entire chapter dedicated to the unique issues of female sportsmen. I love the conversational style of the book, and it is created in vocabulary that anyone can understand -- very engaging and readable. Obtain your highlighters and bookmarks prepared -- you'll want to refer to this book over and over! The book helps your child avoid unnecessary risks, teach properly, identify discomfort and play without dread because they have an understanding of what can happen and how to address the issue..... A fabulous handbook for preventing accidental injuries in our growing sports athletes ! Frey, an orthopedic doctor and mother of active boys, has a very unique perspective on sports participation and flawlessly combines sound medical info with her candid opinions in a manner that resonates with concerned parents and young sports athletes. What I came across great concerning this book is that it's written for parents, instructors and specifically the athlete, so everyone can benefit from this phenomenal resource. I recommend it. A must read Great book every child or parent who's child takes on sports should read this publication what a good plan loved it A SUPERB guide to youth sports-medicine This book is a must-read for just about

any parent or kid involved in youth sports! It actually spends time discussing important issues such as wild parent involvement and other issues from off of the field that you may overlook! Don't Get worried: My Mom is the Team Doctor gives you an in-depth consider the risks associated with modern sports activities participation, along with ways to avoid injury, teach properly, and how to identify discomfort or what to do in case of injury. FANTASTIC GUIDE TO HELP YOU AS WELL AS YOUR KID UNDERSTAND SPORTS INJURIES Truly a great guidebook for kids' sports injuries! The chapters are thorough yet easy to read for kids, parents, coaches or anyone else who is concerned for the health and wellbeing of players. Overall, I would highly recommend this reserve and I plan on using it simply because a reference guide for years to come.



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