Preface

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Editors

I am still learning
 —Michelangelo

Primary care physicians face the daily challenge of providing excellent care across a wide breadth of medical conditions in a large and diverse patient population. The specialization of “sports medicine” does little to narrow the breadth of possible conditions; to the contrary, the management of even common general medical issues superimposed on the unique demands of athletics adds additional layers of complexity. Each and every athlete must be evaluated thoroughly and with purposeful consideration of the interplay between health and athleticism within the context of their sport. Many of the intrinsic attributes of sport participation—intense physical training, contact or overuse injury risk, emotional stress, fatigue—place an athlete at increased risk to develop new medical concerns or to exacerbate underlying conditions already established. Implicitly understanding this concept allows the sports medicine provider to fully embrace the immense span of our field and to use the proper lens through which to approach and evaluate the athletic population.

With this issue of *Clinics in Sports Medicine*, our aim is to provide our readers with a concise and current review of the 10 most commonly encountered conditions seen across the general sports medicine population. As you scan through the table of contents, you will notice a range of subjects from well-known and rapidly evolving conditions, such as concussion, to less discussed but equally vital mental health considerations. We then review topics common to sports medicine practice ranging from the acute to the chronic with attention to recent updates on evaluation and management. In sum, we have produced a resource packed with valuable content ready for reading leisurely or as a bedside resource in your clinical office. We hope that you will find this issue of *Clinics in Sports Medicine* to be a trusted companion to aid you in augmenting your day-to-day sports medicine care.

This issue would not have been possible without the collaboration of several medical experts with whom it was our honor to produce this work. Thank you to all contributing

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