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# Any Given Monday: Sports Injuries And How To Prevent Them For Athletes, Parents, And Coaches - Based On My Life In Sports Medicine

## 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**



## Synopsis

From tennis elbow to severe trauma, Dr. James Andrews has treated countless sports injuries during his unparalleled medical career. An orthopedic surgeon, well known for performing Tommy John surgeries, and a consultant to some of the fiercest teams in college and professional sports, Dr. Andrews is the father of modern sports medicine and one of the most influential figures in the world of athletics. In *Any Given Monday*, he distills his practical wisdom and professional advice to combat a growing epidemic of injury among sports' most vulnerable population: its young athletes. Every year more than 3.5 million children will require medical treatment for sports-related injuries, the majority of which are avoidable through proper training and awareness. *Any Given Monday* is Dr. Andrews's sport-by-sport guide to injury prevention and treatment, written specifically for the parents, grandparents, and coaches of young athletes. From identifying eating disorders to preventing career-ending ACL tears and concussions, *Any Given Monday* is a compendium of practical advice for every major sport, including football, gymnastics, judo, basketball, tennis, baseball, cheerleading, wrestling, and more. This invaluable guide reveals how young athletes can maximize their talent and maintain a lifetime of health both on the field and off.

## Book Information

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## Customer Reviews

Every parent needs to read this book if you have kids in sports. As a travel baseball coach myself I try to explain to parents our main concern is the health of their child. I have seen over the years other teams pitching a 12 year old 80 pitches and than same kid play SS the second game of a doubleheader. Seen kids at 16 years old throw over 90 pitches and play SS next game. Parents have come to me after a double header and ask why their kid did not play 3rd base after pitching the First game pitching and throwing over 80 pitches ? My answer was he pitched a great game and his pitch count was 80 pitches so we DH him the second game but rest his arm and not play the field so his arm gets rested. His dad said oh he was fine and no reason he should have sat! My reply was why would you as a parent want to over use and take a chance to hurt his arm like so many parents do? Also told him if they are upset than they should look for another team to play on because no good coach would agree with him and if they did agree they should not be coaching. I was so happy when this book came out from one of the top great Doctors of all of sports Dr Andrews. I now tell every parent to read this book because if I can help just one kid prevent hurting his arm than I'm happy. Bottom line is there is a term of over training! Thank you Dr Andrews for writing this excellent book, Tony C.

This book starts out well and has some good points. In fact the first few chapters should be read by any parent pushing their child into organized sports. However, the book would have been better if Andrews spent more time on some of the more major sports and less time bragging about his life's adventures. After all, this is a book to promote safety in youth sports, not hear about all the perks he received during his career. If it really is all about the kids, then make it about the kids.

This book is a must read for any coach of any level of youth sports. Dr. Andrew uses his extensive knowledge an expertise in the treatment of athletic injuries to focus on how those injuries can be prevented. Following his advice would reduce the number of youngsters her and his colleagues treat. The second half of the book contains sport specific advice for coaches and athletes.

We all love to win, but we must also understand that parents put their trust in us as coaches to do what is right for the kids. Dr. Andrews does nothing more than educate you on youth injuries, helps you build your own approach to understanding how to prepare yourself, parents and kids.I great

read, it is a book that you will not cover to cover but in areas. I coach baseball so I stayed away from cheer and so on. Lots of great info...

I can't imagine many people needing ALL of the information in this book except maybe a sports administrator or physical therapist etc. However, it is a very well written book that covers a lot of different sports. The chapters contain very valuable information with good critical examination by the author. I admit I only read the dance, cheer, and gymnastics chapters. The Cheerleading chapter was exceptional.

Overview of Dr. Andrews career and a very basic discussion of sport injuries.

Great book

Amazing book! Eye opening to the ways that society pushes young athletes to succeed but in reality are hindering them.

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