

PREFACE

Most of the times, a defeat may work as the turning point in an athlete' career, a challenging moment but one to learn and analyze the weaknesses and strengths, define new strategies and become physically and mentally stronger to overcome new challenges.

In sports, conquests are designed and built by teamwork, and come true by the athlete' dedication, persistence, and demanding work on sports abilities, such as in judo, sumo, wrestling, tennis, baseball, American football, soccer, rugby, swimming, skiing, bobsleigh, gymnastics, volleyball, basketball, fencing, cycling, marathon and so on. Each modality of sports has a unique DNA that is manifested by a particular field of play, rules, and physical and mental demands that identify and make each sport so special and fascinating to watch and practice. However, each sport also has a "dark side" – specific sports-related injuries.

The Specific Sports-Related Injuries book approaches different modalities of sports, and each one of the 36 chapters was structured and designed to start with a brief presentation of the modality, going through the analysis of its dynamics, athlete's physical demands in the field, common sports-related injuries, biomechanics of injuries, treatment and, injury prevention. Moreover, the book analyzes the accuracies related to the individual and team sports in winter and summer sports.

Like in the Sports Medicine Physician book, this book involved fantastic teamwork. Therefore, I would like to thank Phillipe Neyret, Mark R. Hutchinson, Joao Espregueira-Mendes, Moises Cohen, Mark Safran, David Parker, Helder Pereira, Nicola Maffulli, Daniel Miranda Ferreira, ISAKOS members, SBOT/São Paulo Board members, Magda S. Kimoto, and all health professionals that have accepted to share their academic knowledge and expertise in sports medicine.

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“One dream, one soul, one prize, one goal. One golden glance of what should be.” **Athletes are driven by Challenges.** In sports, passions, dreams, and nightmares build an athlete's career. Some of them may become *"heroes, but just for one day,"* while a few will be forever true sports legends.

Campinas, São Paulo, Brazil