



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

*James R. Andrews M.D.*

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**From the most renowned sports surgeon in the country, “a gold mine of contemporary cautionary information for the sports-minded” (*Kirkus Reviews*) to promote the prevention of sports injuries, especially among young people—featured on *CBS This Morning*.**

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. Dr. James Andrews, an orthopedic surgeon, sports medicine pioneer, and consultant to some of the fiercest teams in college and professional sports, distills his practical wisdom and professional advice to combat a growing epidemic of injury among sports’ most vulnerable population: its young athletes.

*Any Given Monday* is a sport-by-sport guide to injury prevention and treatment, written specifically for the parents, grandparents, and coaches of young athletes. Dr. Andrews covers every major sport, including football, gymnastics, judo, basketball, tennis, baseball, cheerleading, wrestling, and more. From identifying eating disorders to preventing career-ending ACL tears and concussions, Dr. Andrews reveals how young athletes can maximize their talent and maintain a lifetime of health—both on the field and off.

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