

Foreword



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The Battle of Waterloo was won on the playing fields of Eton.

—*Attributed to the Duke of Wellington (1769–1852)*

I don't know if the Duke of Wellington ever actually said the quotation above, but it makes some sense. Athletic prowess obtained during the stage of physical growth and development would surely have been a powerful factor for victory in any nineteenth century land battle. Child and adolescent athletics may not have the same importance for national survival in today's computer era, but they are important for health and well being. And they can be fun. But they can also be dangerous: hence, this issue of *Clinics*.

It is a truism that a child is not just a miniature adult. During the period of human growth and development, the nonmature skeleton may be more prone to injury, and injuries may have long-term consequences. Sports medicine delivered to a child or adolescent athlete will be different from that delivered to a fully developed adult. Still, although intuitively known, this may not be fully appreciated. Even though a higher percentage of school-aged children than adults play sports (think of all of the soccer, T-ball and baseball, football, basketball, wrestling, and other sports children in primary and secondary grades play), the focus of most sports medicine is the adult athlete. But Guest Editor Dr. Brian Krabak and his talented coauthors have set out to change that. They have created an excellent and useful stand-alone book on management of injuries in the child and adolescent athlete.

Dr. Krabak is likely no stranger to readers of the *Physical Medicine and Rehabilitation Clinics of North America*. He is well known as one of the co-authors of the *Physical Medicine and Rehabilitation Pocketpedia* [1]. His field of interest is sports medicine, and he is world-renowned as a physician for various world-wide extreme athletic events, such as the recent “4 Deserts” series of endurance races, which has earned him the title “Dr. Extreme,” recently given to him by the *Seattle Times* [2].

Dr. Krabak understands the differences between adult sports injuries and those of skeletally immature athletes. In this issue of the *Clinics*, he and his colleagues discuss musculoskeletal injuries (shoulder, elbow, spine, pelvis, hip, knee, ankle, and foot), as well as head injury, strength training, and sport performance in this population. Finally, Dr. Krabak and his colleagues cover the preparticipation physical examination, nutritional requirements for these student-athletes, and exercises to prevent childhood obesity. These are all important topics.

Although there are many books written for parents on their children’s athletics (Amazon lists over 200), there are very few for physicians. Dr. Krabak and his colleagues have written a very useful guide for any physician seeing injured children in his or her practice. I am sure that the reader will find this issue both fascinating and useful.

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- [2] Seven R. “Dr. Extreme studies athletes who push through pain.” *Seattle Times*, Nov 12, 2007.