
Preface

Homer's the *Iliad* brings us what is likely the first description of a sports-related neurological injury, with the epic poet describing a vicious boxing match between Epeus and Euryalus. Homer recounts a blow Epeus delivers to Euryalus' cheek that knocked him off his feet—Epeus' movements were so fast that they were likened to that of a fish. Since the early period in history, athletic endeavors have thankfully become much safer. Sports medicine as a discipline has evolved through an understanding of the complex interplay between the physiology of the human body and the demands of athletic performance.

Although musculoskeletal injuries are by far the most common injuries seen in sports, neurological injuries are often the most serious and potentially devastating. As athletes push the boundaries of physical achievement, they inevitably encounter challenges and trauma that require specialized medical attention, particularly in critical structures such as the brain, spinal cord, and peripheral nerves.

The Brain, Spine and Nerves in Sports is a comprehensive textbook that delves into the intricacies associated with the diagnosis and treatment of sports-related neurological injuries. This book is a collaborative effort by leading experts in the fields of neurosurgery, spine surgery, sports medicine, and rehabilitation, and aims to provide a thorough exploration of the latest advancements, techniques,

and best practices in managing neurological conditions in athletes.

The chapters within this textbook are thoughtfully curated and cover a wide range of topics, including traumatic brain injuries, spinal cord injuries, peripheral nerve injuries, concussions, neurovascular disorders, and neurological considerations in sports-related spine pathology. Each chapter is structured to offer a blend of theoretical knowledge, evidence-based practices, case studies, and practical insights derived from the authors' years of clinical experience.

Furthermore, this textbook acknowledges the multidisciplinary nature of sports medicine, emphasizing the importance of collaboration between neurosurgeons, orthopedic surgeons, sports physicians, physical therapists, and other healthcare professionals. Through this collaborative approach, we aim to optimize patient outcomes, enhance performance, and promote the overall well-being of athletes at all levels of competition.

We extend our sincere gratitude to all the contributors, editors, reviewers, and medical illustrators who have dedicated their expertise and passion to bring this volume to fruition. It is our sincere hope that this book will serve as a beacon of knowledge and inspiration in the dynamic and ever-evolving field of neurological injuries in sports.

Nicholas Theodore, MD
Russell R. Lonser, MD