

## Book review: Marko Pecina et al. SPORTS MEDICINE, 2<sup>nd</sup> Edition

### AUTHOR:

MIHOVIL PLEČKO

In January 2025, the 2nd edition of the book *Sports Medicine*, authored and edited by Marko Pećina and his collaborators, was published. This new edition is rightly called the *2nd supplemented and revised edition* because, in addition to the 39 chapters from the first edition, seven new chapters have been added. Notably, these include a chapter on preserving mental health in professional athletes and a chapter on para-athletes. All chapters from the previous edition have undergone either significant or minor revisions and updates to the text, images, and tables, with every chapter enriched by recent literature references.

The need for a second edition confirms that sports medicine is not exclusively for elite athletes but serves every individual and the community, from childhood to old age. Knowledge of advances in sports medicine is essential for a broad range of professionals, including medical and healthcare workers, sports professionals, kinesiologists, coaches, and, of course, athletes and recreational sports enthusiasts. The book features contributions from 68 authors specializing in various fields, reflecting the interdisciplinary nature of sports medicine, which integrates knowledge from multiple disciplines in both scientific research and everyday practice. This interdisciplinarity remains the greatest strength of this textbook, which spans 511 pages and includes over 450 images and illustrations, along with more than 500 references.

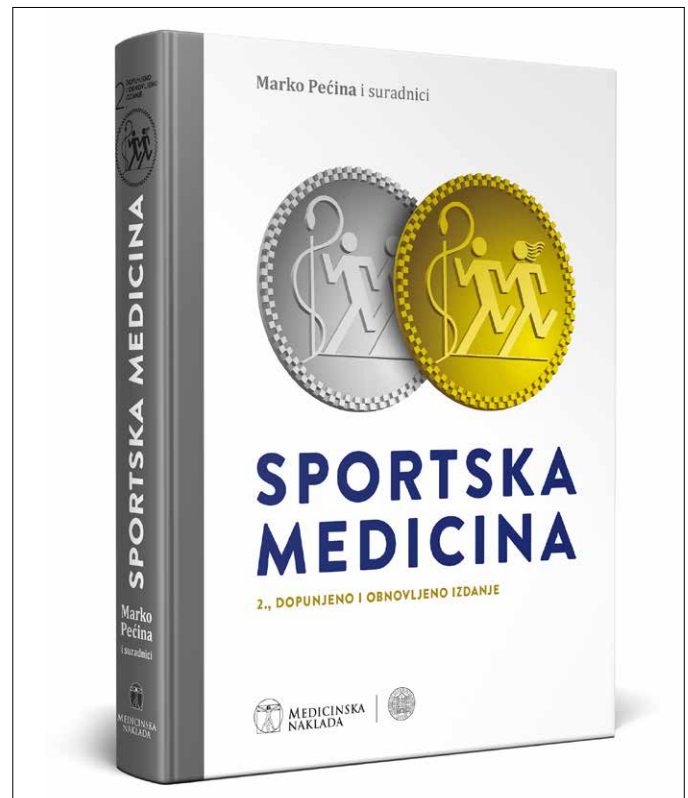
To provide readers with the best insight into the book, we present excerpts from the reviews of this second edition.

The first reviewer, Prof. Dr. Boris Labar, states:

*“In addition to the chapters from the previous edition, appropriate updates have been made to the text and images. The textbook also includes seven new chapters: Overtraining Syndrome; Changes in Hematological and Biochemical Parameters in Athletes; Preserving Mental Health in Professional Athletes; Rotator Cuff Injuries of the Shoulder; Hip Impingement Syndrome; The Use of Orthoses in Sports; and Para-Athletes. This textbook is intended for a wide audience, from students to doctors, kinesiologists, physiotherapists, coaches, athletes, and recreational sports enthusiasts. It will also benefit the general public, as sports and recreation are an integral part of modern civilized society.”*

Reviewer Prof. Dr. Nebojša Popović adds:

*“The textbook Sports Medicine is an example of how collaboration between experts from different fields of medicine can systematically and thoroughly address such a complex topic as sports medicine, or as the lead author calls it, ‘the medicine of sport.’ In the next edition of the textbook, some parts will need to be shortened or omitted. I strongly believe that artificial intelligence will play a role in this process. I am also confident that future editions will describe robotic surgical techniques in some chapters.”*



In his review, Prof. Dr. Domagoj Delimar states:

*“The textbook covers all aspects of sports medicine, presenting them based on the experience of the lead author as well as numerous co-authors from various specialized fields. The co-authors are university professors from the Faculty of Medicine and the Faculty of Kinesiology at the University of Zagreb. The book’s precision, systematic approach, logical structure, and progression make it fully comprehensible and easy to read. We recognize the challenges of writing a textbook on such a broad subject as sports medicine (the medicine of sport); however, we hope that this second, supplemented, and revised edition will contribute not only to the development of sports medicine but also to physical culture and sports in general in our country. The lead author and contributing writers have strived to provide the most comprehensive understanding of modern knowledge in their respective areas.”*

**Publisher:** Medicinska naklada, Zagreb

**Year of Publication:** 2025

**Format:** 21 x 30 cm

**Binding:** Hardcover

**Extent:** 511 pages, 46 chapters