



# SPORTS MEDICINE

TREATING AND PREVENTING  
COMMON ATHLETIC INJURIES

DR. MARK E. WOLPA

“Mark’s book is clear,  
comprehensive and first rate.”

Jim Fixx

Author, The Complete  
Book of Running

**T H E**  
**SPORTS**  
**MEDICINE**  
**G U I D E**

TREATING AND PREVENTING  
COMMON ATHLETIC INJURIES

DR. MARK E. WOLPA



NEW YORK

---

## ABOUT THE AUTHOR

Dr. Wolpa has achieved a unique understanding of the nature of athletic injuries as a result of participating in athletics all of his life, as well as treating hundreds of athletes in his practice. Since childhood he has always believed in conditioning and exercise. Dr. Wolpa has played competitive basketball in school, as well as several other sports. He still plays basketball, runs, plays tennis, skis, and is a tournament racquetball player. He has been able to adapt his own personal experiences regarding athletics to his private practice in treating injuries.

Dr. Wolpa is a member of the American Podiatry Association, California Podiatry Association, and the Academy of Podiatric Sports Medicine. He is a diplomate in the American Board of Podiatric Surgery and Fellow in the American College of Foot Surgeons. Dr. Wolpa is an assistant professor at the California College of Podiatric Medicine in San Francisco teaching primarily in the sports medicine program. He lectures at hospitals and to various organizations on sports injuries. He has appeared on radio and television programs discussing injury prevention. He is a consultant on sports medicine for the Women's Sports Foundation. He has invented and patented a sport innersole that was tested with both the University of California at Berkeley track team and the Golden State Warriors professional basketball team. Dr. Wolpa is in private practice in Berkeley, California.