

TEN COMMANDMENTS OF THE INJURED ATHLETE

(The following information has been prepared by Fred L. Allman, Jr., M.D. of the Sports Medicine Clinic, Atlanta, Georgia)

1. *Injured athlete* is not in a normal condition - he is in a state requiring medical attention and personal understanding.
2. *Injured athlete* is not a routine concern - he is an individual case requiring individual evaluation and treatment.
3. *Injured athlete* is deserving of the most courteous and attentive treatment we can give him.
4. *Injured athlete* is not an interruption to our work - he is the purpose of our work.
5. *Injured athlete* is here because he needs to be - not necessarily because he wants to be.
6. *Injured athlete* is not a cold statistic - he is a flesh and blood human being with emotions and feelings like our own.
7. *Injured athlete* is not someone with whom we should argue or match wits.
8. *Injured athlete* deserves to be fully rehabilitated so that he may return safely and promptly to competition.
9. *Injured athlete* is deserving of professional treatment by personnel who keep abreast of the latest knowledge and techniques of modern medical research as it relates to sports medicine.
10. *Injured athlete* is the most important person in our mission.