

Clinical Sports Medicine Soft Tissue Therapy

Enable your clients and patients to get back in the game and live pain free after injury. In *Sports Massage for Injury Care*, experienced sports therapist Bob McAtee explains the types of soft tissue injury most common in sport and explains why manual therapy is so valuable in treating musculoskeletal injuries. No two injuries are the same. Whether an injury is acute or chronic, you need to understand and treat the underlying cause so you don't leave your athletes susceptible to re-injury. *Sports Massage for Injury Care* emphasizes the importance of accurate assessment and evaluation, and it focuses on 20 of the most common neuromuscular injuries seen in athletes. For each featured injury, there are assessment recommendations, treatment options and injury-specific protocols, and self-care options for when the athlete is not on the treatment table. You will learn the evidence behind the techniques that are most effective, based on clinical research. Each treatment protocol is presented with vivid full-color photos and step-by-step instructions. Detailed anatomical illustrations show you the muscles, joints, and soft tissues involved. Practitioner examples and case studies give you a glimpse into how other practicing professionals use the techniques to help their clients heal quicker and more fully. Clinical sports massage therapy is often the missing component in injury-rehabilitation programs. With *Sports Massage for Injury Care*, you have the ultimate practical resource for relieving pain and getting your clients and patients back to their athletic endeavors and daily activities as quickly as possible. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The *Sports Massage for Injury Care Online CE Exam* may be purchased separately or as part of the *Sports Massage for Injury Care With CE Exam* package that includes both the book and the exam. This text focuses on the integration of immediate management, diagnosis, surgical and nonsurgical management, and rehabilitation of common orthopedic pathologies and other conditions experienced by athletes. Coverage encompasses post-injury, surgery, and post-surgery management, follow-up, and return-to-play guidelines. It presents overviews on integrated injury management, management of soft-tissue injuries and fractures, and the role of medications in management. Later chapters address injuries of specific anatomical regions: lower and upper extremities, spine and torso, head, and systemic injuries. Surgery boxes review step-by-step procedures and give notes on complications and rehabilitation, illustrated with b&w surgical drawings. The two-color layout features b&w photos, medical images, and medical and anatomical illustrations. The text assumes an understanding of human anatomy and clinical diagnostic skills, basic principles of acute injury management, therapeutic modalities, and therapeutic exercise.

Written by well-known experts in a reader-friendly style, this is the only book to focus specifically on post-surgical guidelines for successful rehabilitation of the knee and shoulder for sports patients. Content covers basic concepts related to soft tissue healing, as well as core concepts in sports medicine rehabilitation, all of which lay the groundwork for discussions of specific protocols. Detailed descriptions of the latest post-surgical procedures for various knee and shoulder pathologies equip readers with essential knowledge needed to recommend the most effective treatment plans. Includes a separate section on multiple ligament knee injuries. Numerous photos and radiographs of topics discussed in the text serve as excellent visual references in the clinical setting. Detailed descriptions of the most current surgical protocols for various knee and shoulder pathologies help readers recommend the best treatment based on proven rehabilitation plans. The inflammatory response is described, with regard to its role in soft tissue healing following surgical procedures of the knee and shoulder. Protocols based on the most recent research available promotes evidence-based practice. A chapter on rotator cuff injuries includes authoritative, up-to-date information on this topic. A chapter on cartilage replacement focuses on the "nuts and bolts" of rehabilitation for this common injury, offering current, hands-on information about one of the fastest changing treatment protocols. Contributors are expert therapists and physicians - respected leaders in their field. Each chapter highlights post-op guidelines and protocols in a consistent format that's immediately accessible and easy to reference. Comprehensive information on soft tissue healing is presented. A separate section on multiple ligament knee injuries presents hard-to-find information that's rarely covered in other resources or literature.

This text provides a comprehensive, practical, evidence-based guide to the field. It covers each stage of the rehabilitation process from initial assessment, diagnosis and treatment, to return to pre-injury fitness and injury prevention. Presenting a holistic approach, this text also addresses the nutritional and psychological aspects of the rehabilitation process for the amateur sports enthusiast as well as elite athletes. Divided into five parts, Parts I, II and III cover screening and assessment, the pathophysiology of sports injuries and healing and the various stages of training during the rehabilitation process. Part IV covers effective clinical decision making, and Part V covers joint specific injuries and pathologies in the shoulder, elbow wrist and hand, groin and knee. Key features: Comprehensive. Covers the complete process from diagnosis and treatment to rehabilitation and prevention of injuries. Practical and relevant. Explores numerous real world case studies and sample rehabilitation programmes to show how to apply the theory in practice. Cutting Edge. Presents the latest research findings in each area to provide an authoritative guide to the field.

The Sports Medicine Resource Manual

Rehabilitation of Sports Injuries

Injuries, Fifth Edition

The Soft Tissues

VALUE PACK CLINICAL SPORTS MEDICINE 5E - VOL 1 And 2

Textbook of Remedial Massage

Now in its Second Edition, The 5-Minute Sports Medicine Consult is a clinically oriented quick consult reference for sports medicine.

Common sports-related problems faced by primary care practitioners are thoroughly and concisely presented in the famous fast-access 5-Minute Consult format. Chapters on musculoskeletal problems cover basics; diagnosis; acute treatment, including on-field management; long-term treatment, including rehabilitation and referrals; and commonly asked questions. Other chapters address the special populations of children, adolescents, females, geriatric athletes, and disabled athletes and general medical problems in athletic individuals. Appendices include musculoskeletal radiography, office rehabilitation, and joint and soft tissue injection.

In the new third edition of this popular multidisciplinary text, Elaine Atkins, Jill Kerr and Emily Goodlad continue to advance the field of orthopaedic medicine. Always inspired by the work of Dr James Cyriax, this edition, renamed A Practical Approach to Orthopaedic Medicine, updates techniques and incorporates recent research discoveries into the text. There are also self assessment tasks to test your understanding of orthopaedic medicine on EVOLVE, an online electronic learning solution site designed to work alongside textbooks to stimulate clinical reasoning and to enhance learning. The introductory chapters deal with the principles of orthopaedic medicine, with the following chapters taking the clinician through the practice of orthopaedic medicine joint by joint. This edition includes: Substantially revised chapters Extended evidence-based commentaries underpinning indications and contraindications to treatment of spinal lesions Expanded critique of the treatment of peripheral joints including recent advances in the approach to tendinopathy Clearly described and illustrated injection and manual techniques New page layout for easy navigation Foreword by Monica Kesson A Practical Approach to Orthopaedic Medicine is a complete reference source that provides the most up-to-date principles and practice for students and postgraduate medical practitioners, physiotherapists and other allied health professionals, including podiatrists and osteopaths. It is essential reading.

Textbook of Remedial Massage 2e is a comprehensive and practical book for students and practitioners of remedial massage. Written by Sandra Grace and Jane Graves, the text provides expert instruction in commonly used and highly valued remedial massage techniques,

including trigger points, muscle stretching and myofascial release. Each technique is accompanied by: step-by-step illustrations and photographs physiological principles current evidence of efficacy contraindications and precautions Detailed approach to assessments including red flags for serious conditions requiring referral Evidence-based approach to assessment and treatment Comprehensive coverage of techniques that are included in remedial massage programs Focus on functional anatomy Assessment videos of major regions of the body and the integration of treatment techniques that are specific to the target tissue.

The eagerly awaited new edition of *Clinical Skills in Treating the Foot* has been revised and updated with the needs of a broad range of health professionals in mind. For anyone treating patients with foot disorders, *Clinical Skills in Treating the Foot* will provide invaluable support through three key areas: Section 1 is concerned with the general principles of managing foot disorders and the context in which treatment of the foot takes place. Included are chapters on treatment planning, evidence based practice, governance and audit, clinical protocols, clinical emergencies and health promotion. Section 2 examines the application of clinical therapeutics to foot disease and includes chapters on operative techniques, surgery and the foot, pharmacology, physical therapy, mechanical therapeutics, chairside devices, prescription devices and footwear therapy. Section 3 considers the particular needs of special groups and includes chapters on the adult foot, the child's foot, sports injuries and management of tissue viability. With its clarity of text and liberal use of case studies and illustrations, the latest edition of *Clinical Skills* will be required reading for practising and student podiatrists. It will also be a valuable reference and guide for all others involved in the provision of treatment of the foot. This book has been written as a companion volume to the editors' *Assessment of the Lower Limb*, also published by Elsevier Churchill Livingstone. Written by an experienced team of clinicians who also understand the needs of students as well as practitioners Logical and clear structure makes it easy to use for both clinicians and students Each chapter is self-contained and can be used for independent reading topics Case histories and clinical comment sections illustrate important clinical points Key points and summaries provides assistance for learning and review Features approximately 400 illustrations Half of the contributors are new - more experienced clinicians than those used for the previous edition New chapter by new author on Clinical Governance (replacing old chapter of Audit and Outcome Measurement) Major revision by new authors of chapter on Treatment Planning to reflect new developments and changes in practice Completely rewritten chapter by new authors on Clinical protocols Major revision by new author of the chapter on Foot health education and promotion Major rewrite with new author of the chapter on Pharmacology which will have expanded sections on topical and injected steroids and prescription medicines. Major revision by new authors of the chapter on Physical therapy New section on chairside devices in the chapter on Mechanical therapeutics in the clinic (new authors involved) Chapter on Prescription orthoses now replaced with new chapter by new authors on Prescription devices.. Major rewrite by new author of the chapter on sports injuries New chapter on Managing tissue viability replaces the old chapter on the Management of foot ulcers and now incorporates the material previously covered in old appendices 1 and 2 on Management of exudation in ulcers and Footcare advice for people with diabetes.

A Comprehensive Review

Sports-related Fractures, Dislocations and Trauma

Sports Rehabilitation and Injury Prevention

Surgical Techniques in Sports Medicine

A Practical Approach

A Clinical Guide

Starting a placement or rotation in an unfamiliar clinical area is exciting but can be daunting. CLINICAL CASE STUDIES IN PHYSIOTHERAPY provides invaluable advice and practical guidance on cases and problems encountered on a daily basis allowing you to work with ease and confidence. By adopting a problem solving approach to the cases through the use of questions and answers, the authors will help you to think constructively about each case within all the key specialities of physiotherapy. Starting a placement or rotation in an unfamiliar clinical area is exciting but can be daunting. CLINICAL CASE STUDIES IN PHYSIOTHERAPY provides invaluable advice and practical guidance on cases and problems encountered on a daily basis allowing you to work with ease and confidence. By adopting a problem solving approach to the cases through the use of questions and answers, the authors will help you to think constructively about each case within all the key specialities of physiotherapy. Hints and tips to get you ready for clinical placement How to secure your first physiotherapy post Case studies in the following clinical areas: respiratory, orthopaedics, neurology, musculoskeletal out-patients, care of the elderly, mental health and womens health Cases covering paediatrics also included

This guide to the management of sports injuries for the athletic trainer and sports therapist includes contributions from experts from the field of sports medicine. It addresses the different aspects of rehabilitation, including protocols for rehabilitating a wide variety of athletic injuries.

Fully revised and updated, this book presents a symptom oriented, multi-disciplinary approach to the problems that the sports medicine clinician will encounter in clinical practice. There is emphasis on clinical assessment, recommendations for a comprehensive history, a specific examination routine for each region, and appropriate use of investigations. Areas covered include musculoskeletal injuries, the role of nutrition and psychology in sports performance, and care of the sporting team.

The fifth edition of the retitled Sports and Soft Tissue Injuries sharpens its focus on the treatment of sports injuries, providing the most complete evidence-based guide for physiotherapists, sports therapists and medical practitioners working with athletes. Opening with chapters that examine the underlying science of tissue healing and principles of rehabilitation, the book employs a systematic approach, with chapters covering each area of the body, from facial through to ankle and foot injuries. Every chapter includes in-depth discussion and guidance on the treatment of common sports injuries through physiotherapeutic modalities, drawing on the author's wealth of personal experience and the latest peer-reviewed research. A complete pedagogical resource, Sports and Soft Tissue Injuries is highly illustrated in full colour, and features a companion website with video examples of therapeutic techniques and a frequently updated blog on current issues in sports injury treatment. It is an important text for students of sports therapy, physiotherapy, sport medicine and athletic training, interesting further reading for sport and exercise science or kinesiology students with an interest in sports injury, and a crucial reference for practising physiotherapists and athletic trainers and the related disciplines.

Scientific Basis

Musculoskeletal and Sports Medicine For The Primary Care Practitioner, Fourth Edition

Anatomy for problem solving in sports medicine: The Knee

5-Minute Sports Medicine Consult

Sports and Soft Tissue Injuries

The Sports Medicine Field Manual

Clinical Sports Medicine McGraw-Hill Professional Publishing

Practical and highly organized, The 5-Minute Sports Medicine Consult, 3rd Edition, is a reliable, go-to resource for clinicians in primary care, sports medicine, nursing, pediatrics, athletic training and physical therapy. This popular title provides rapid access to guidance on diagnosis, acute treatment (including on-field management), long-term treatment (including rehabilitation and referrals), and commonly asked questions for common sports-related problems seen in adult and pediatric patients. The 5-Minute Sports Medicine Consult delivers maximum clinical confidence as efficiently as possible ... allowing you to focus your valuable time on giving your patients the best possible care. Get quick access to all-new content, including Ankle Impingement, Femero-acetabular Impingement, Myositis Ossificans, and Vocal Cord Dysfunction, in print and online. Find the answers you need quickly thanks to an intuitive, at-a-glance format, with concise, bulleted text; return-to-play and secondary prevention information; and much more. Make confident decisions aided by current evidence-based designations in each topic. Consult useful appendices for quick answers on musculoskeletal radiography and joint and soft tissue injection. Written by esteemed primary care and sports medicine practitioners and published by the leading publisher in medical content, The 5-Minute Sports Medicine Consult, 3rd Edition includes a 10-Day Free Trial to 5MinuteConsult.com. 5MinuteConsult.com is an evidence-based, online workflow tool easily integrated at the point of care. 5MinuteConsult.com provides online-exclusive content, including: A thoroughly updated and expanded appendix on Office Rehabilitation More than 1,500 additional topics, including the full contents of The 5-Minute Clinical Consult and The 5-Minute Pediatric Consult Differential diagnosis support from an extensive collection of algorithms Current evidence-based designations highlighted in each topic Thousands of images to help support visual diagnosis of all conditions A video library of procedures, treatment, and physical therapy techniques An A-to-Z Drug Database from Facts & Comparisons® Guidance on laboratory test interpretation from Wallach's Interpretation of Diagnostic Tests More than 3,000 patient handouts in English and Spanish Approximately 100 Diseases and Conditions in Spanish FREE point-of-care CME and CE: 0.5 credits each time you search the site to find the best treatment for your patients. This activity has been reviewed and is acceptable for up to 20 prescribed credits by the AAFP and the ANCC.

The field of sports medicine is growing at a very rapid pace and with this growth comes a demand for more comprehensive, yet focused texts that will appeal to the varied audience of people who may be involved with managing sports related injuries. This volume provides concise information on imaging, differential diagnosis, treatment and rehabilitation. As well as covering the basic history and biochemistry (providing only what the clinician truly needs to know), anatomy, biomechanics, response to injury and general concepts of treatment and rehabilitation, the author discusses injuries to each anatomic region in turn. In order to ensure that all possible readers questions are covered there is an appendix at the end of each chapter where hard tissue injuries are discussed briefly, providing differential diagnosis and an overview of injuries that require surgical management. This is a feature unique to this text.

To request a free 30-day online trial to this product, visit www.sagepub.com/freetrial With an ever-growing variety of sports and exercise opportunities open to people of all ages, classes, and races, participation in casual sports has blossomed in recent decades, while interest in collegiate and professional sports has continued to soar. The field of sports medicine is thriving in response to the demand for health care professionals to care for people involved in vigorous exercise. Now more than ever, it is imperative that doctors, physical therapists, surgeons, nurses, and alternative medicine practitioners understand and are able to treat effectively the types of conditions stemming from all types of physical activity, ranging from pleasure walking to professional football. Presenting state-of-the-art research and evidence-based applications, this four-volume resource provides the most comprehensive and accessible information available on sports medicine. The Encyclopedia of Sports Medicine describes all aspects of the field with perspectives, concepts, and methods from the medical, behavioral, and social sciences and physical education. Key Features · Includes contributions from preeminent healthcare professionals who are renowned experts · Presents a broad spectrum of entries covering a variety of key topics, a glossary, and two appendices · Contains more than 550 tables and images, including anatomical drawings, X-rays, and MRI scans · Illustrates selected diagnostic and treatment techniques step-by-step with more than 200 photographs · Offers an in-depth examination of the various career opportunities in this area, including orthopedists, athletic trainers, sports psychologists, and nutritionists Key Themes · Conditioning and Training · Diagnosis and Treatment of Sports Injuries · Diet and Nutrition · Doping and Performance Enhancement · Exercise Physiology, Biomechanics, Kinesiology · Injuries and Disorders · Injury Prevention · Medical Conditions Affecting Sports Participation · Rehabilitation and Physical Therapy · Special Populations · Specialties and Occupations in Sports Medicine · Sports and Society · Sports and Sports Medicine · Sports Psychology · Sports-Specific Injuries · Women and Sports

Physical Therapies in Sport and Exercise

Pain Management

Knee & Shoulder

An Integrated Approach

A Practical Approach to Orthopaedic Medicine

a guide for students and clinicians

Providing comprehensive discussion of this newly developing branch of sports medicine, this unique and up-to-date book focuses specifically on the treatment of athletes who train for and participate in endurance sporting events, including not only traditional endurance athletes such as runners, swimmers, bikers and triathletes, but

also rowers, adventure racers, military personnel, and cross-fit athletes. Detailing strategies for not only treating and preventing injuries and conditions but also for optimizing an athlete's performance, it is divided into three thematic sections. The first section covers common medical conditions faced by the endurance athlete, including cardiovascular conditions, asthma, and heat- and altitude-related illnesses, while also discussing gender differences, pregnancy and the pediatric endurance athlete. Section two focuses on the management of common musculoskeletal conditions, such as stress fractures, overuse injuries of the soft tissue, compartment syndrome, shoulder and hip injuries, and exercise and osteoarthritis. The last section presents special considerations for the endurance athlete, including gait and swim-stroke analysis, bike fitting, mental preparation, optimizing nutrition, and how to organize medical coverage for events, as well as decision-making for return to play. A timely topic and one which has not been written about extensively in one concise collection of chapters, *Endurance Sports Medicine* is a valuable guide for sports medicine physicians, orthopedists, athletic trainers, physical therapists, coaches, officials, and athletes in understanding the needs of the determined individuals who participate in endurance sports.

This authoritative reference, the Sixth Edition of an internationally acclaimed bestseller, offers the most up-to-date information available on multidisciplinary pain diagnosis, treatment, and management. *Pain Management: A Practical Guide for Clinicians* is a compilation of literature written by members of The American Academy of Pain Management, the largest multidisciplinary society of pain management professionals in North America and the largest physician-based pain society in the United States. This unique reference covers both traditional and alternative approaches and discusses the pain of children as well as adult and geriatric patients. It includes approximately 60 new chapters and each chapter is written to allow the reader to read independently topics of interest and thus may be viewed as a self-contained study module. The collection of chapters allows an authoritative self-study on many of the pressing issues faced by pain practitioners. Regardless of your specialty or medical training or whether you are in a large hospital or a small clinic, if you work with patients in need of pain management, this complete reference is for you.

This exciting, user-friendly text covers everything sports medicine and emergency clinicians need to know when encountering sports-related injuries and trauma, whether on the field or in the office. Divided into eight thematic sections, all aspects of musculoskeletal and other trauma care are described in detail, with each chapter including key points for quick reference. The opening section presents general approaches to sports-related trauma, from initial evaluation and acute management to stabilization, anesthesia and imaging. The different types of fractures and dislocations, as well as musculoskeletal healing complications, are covered in part two. The next three sections then take in-depth looks at bone and joint trauma in the upper extremity, lower extremity and axial skeleton, respectively. Soft tissue and other sports-related trauma comprise parts six and seven - from tendons, ligaments, nerves and more to chest, head and facial injuries. The final and largest section presents sports-specific injuries, covering more than 30 individual and team activities from baseball, basketball and hockey to swimming, sailing and triathlon. Throughout, copious figures, photographs and tables enhance and advance the content for a complete, well-rounded examination of the field. Comprehensive but not complex, *Sports-related Fractures, Dislocations and Trauma* is a practical, high-yield manual for sports medicine and emergency care specialists, primary care physicians and any other professionals caring for athletes both on the field and in the office.

When examining patients with sports-related and exercise-related injuries, a thorough knowledge of anatomy is vital in order to make an accurate diagnosis and work out an effective treatment plan. In this helpful, practical book, a professional anatomist, an orthopaedic surgeon and a sports physiotherapist have combined their expertise to give a detailed explanation of the structural and functional anatomy of the knee. The book includes descriptions and images of the relevant anatomy, and sample clinical problems (with model answers) throughout. Although each problem is different, practitioners will always follow a similar pattern in arriving at a differential diagnosis. In every case, four main areas need to be covered: the type of sport; the clinical history; physical assessment; and appropriate investigations. By taking a logical, step-by-step approach to solving clinical problems, this book offers a valuable resource for the wide range of health professionals who manage knee injuries.

A Guide for Students and Therapists

A Guide for Students and Graduates

5 Minute Sports Medicine Consult

Sports Massage for Injury Care

Managing Sports Injuries e-book

This text provides an easy-to-read introduction to the basic principles of sports medicine for people of all sporting backgrounds and interests. It gives readers practical knowledge in areas such as injury prevention, injury management, crisis management techniques and optimising performance. Topics covered include: · management of common sporting injuries · how to conduct warm up, stretching and cool down sessions · using taping to prevent or reduce severity of injuries · principles of sports nutrition. Examples are drawn from a wide variety of sports. Developed by Sports Medicine Australia, it provides you with the information you need to help athletes prevent injuries, to reduce the severity of injuries that occur, and to prevent injuries from re-occurring.

This issue of *Clinics in Sports Medicine* focuses on athletic injuries in the military population. The young, active individuals participate in a wide range of athletic and military activities that results in high injury rates as well as extreme performance demands. Military sports medicine physicians have provided many advances in the care of athletic injuries in the

past and continue to pursue this today.

Contributions from leaders in the field of sports chiropractic. Reprints from five years of Topics in Clinical Chiropractic updated with recent information Support documents for exercise testing, pre-test history and informed c

The field of sports medicine is evolving, accelerated by emerging technologies and changing health care policies. To stay up to speed and ace the Boards, you need a resource that moves at your pace. Sanctioned by the American College of Sports Medicine (ACSM), this handy review addresses all areas of the sports medicine subspecialty board examination--with coverage that spans the full spectrum of sports medicine, from medical to skeletal conditions related to the athlete. The editors and authors include orthopedic surgeons, family physicians, pediatricians, internal medicine specialists, physiatrists, certified athletic trainers, physical therapists, psychologists, nutritionists, exercise physiologists and more, ensuring that you'll benefit from the broad spectrum of expertise embraced by the specialty. Look inside and explore...* Seven convenient sections address general considerations, evaluation of the injured athlete, medical problems, musculoskeletal problems, principles of rehabilitation, sports-specific populations, and special populations.* Comprehensive coverage includes all topic areas featured on sports medicine subspecialty board exams.* Easy-access bulleted format makes essential facts simple to locate and recall.* Tables, figures, and algorithms make complex ideas easy to grasp and retain. PLUS...* An online companion resource includes nearly 1,000 board-style practice questions with rationale for correct and incorrect responses--a great way to test your knowledge and improve your exam performance!

A Practical Guide for Clinicians, Sixth Edition

Canine Sports Medicine and Rehabilitation

Clinical Skills in Treating the Foot

Sports Chiropractic

Athletic Training and Sports Medicine

Soft Tissue Injuries in Sports Medicine

Now in its fourth edition with the revised title - *Managing Sports Injuries: a guide for students and clinicians - this highly practical guide maintains its evidence-based approach while introducing new material from both research and clinical sources. It is a comprehensive resource for the management of soft-tissue injuries, focusing on therapy. Well referenced and extensively illustrated, this text continues to be invaluable to physiotherapists, sports and massage therapists, medical practitioners, and all those involved in the treatment of athletes and sports people. Full colour text and illustrations emphasizing all practical techniques Treatment notes expanded with added topics and basic examination protocols Additional material enhancing clinical value Practical "how-to-do" approach enabling application of new techniques Updated research references*

'A striking feature of Clinical Sports Medicine has always been the authors' relentless commitment to "clinical". This is a unique book.' Dr Emma K Stokes, President, World Confederation for Physical Therapy **This world-leading title in sport and exercise medicine is an authoritative and practical guide to physiotherapy and musculoskeletal medicine for clinicians and students. To accommodate the rapid advances in the professions, this fifth edition has been expanded into two volumes. This first volume, *Clinical Sports Medicine: Injuries*, is the essential guide to all aspects of preventing, diagnosing and treating sports-related injuries. It serves physiotherapists, team clinicians, athletic trainers, sports therapists, sports rehabilitators and trainers, as well as students in the health professions and in Human Movement Studies. All chapters have been updated and rewritten by an international team of sports physiotherapists and sports physicians at the top of their fields. More than 550 new figures have been added to bring the total number of illustrations to 1300. There are 15 new chapters, including: • Shoulder pain • Acute knee injuries • Posterior thigh pain • Low back pain • Return to play • Sport-specific biomechanics This ebook is enhanced with 40 video masterclasses showing procedures such as foot examination, hip injections and basic biomechanical assessment. Note: The second volume, *Clinical Sports Medicine: Exercise Medicine*, is scheduled for release in 2018 and will focus on the health benefits of exercise and the medical issues in sport. It will serve general practitioners and other clinicians who prescribe exercise to promote health and to treat medical conditions such as heart disease and diabetes. ABOUT THE AUTHORS PETER BRUKNER OAM, MBBS, FACSEP, FACSM, FFSEM Peter Brukner is a Sport and Exercise Physician and currently the Australian cricket team doctor. He was previously Head of Sports Medicine and Sports Science at the Liverpool Football Club in the UK. Peter is the founding partner of the Olympic Park Sports Medicine Centre, a past president of the Australasian College of Sport and Exercise Physicians, and Professor of Sports Medicine at La Trobe University. Peter has been an Olympic team physician and was the Socceroos team doctor at the 2010 World Cup. In 2005 he was awarded the Order of Australia medal (OAM) for services to sports medicine. KARIM KHAN MD, PhD, MBA, FACSEP, FACSM, FFSEM Karim Khan is a Sport and Exercise Physician and Professor of Sports Medicine at the Department of Family Practice at the University of British Columbia, Vancouver, Canada. He is Editor in Chief of the British Journal of Sports Medicine (BJSM) and has published more than 300 peer-reviewed research articles. In 2001, he was awarded the Australian Prime Minister's Medal for service to sports medicine. Karim was profiled in The Lancet in its 2012 Olympic Games issue.**

Accompanying CD-ROM contains ... "convenient electronic access to the text's illustrations, downloadable for use in presentations, as well as diagnosis-specific office handouts that can be given

to patients who want to know more about their conditions."--P. [4] of cover.

Canine Sports Medicine and Rehabilitation This thoroughly revised and updated new edition offers a gold standard reference for all aspects of sports medicine and rehabilitation, encompassing basic science and integrated veterinary and physical therapy approaches. New chapters cover biological therapies, working dogs, and business management, and every chapter has been extensively revised and expanded with state-of-the-art information—providing an even greater wealth of evidence, expertise, and experience to this complex discipline. Presented in full color, with illustrations and photographs throughout and real-world case studies, the book is a detailed yet practical guide ideal for the clinical setting. Providing must-have information for anyone working with active dogs or rehabilitation patients, **Canine Sports Medicine and Rehabilitation** offers enlightening chapters including: **Locomotion and Athletic Performance; Canine Therapeutic Exercise; Canine Aquatic Therapy; Conditioning and Retraining the Canine Athlete; Veterinary Orthotics and Prosthetics; Diagnosis of and Treatment Options for Disorders of the Canine Spine; Rehabilitation for Geriatric Canine Patients; The Role of Acupuncture and Manipulative Therapy in Canine Rehabilitation; and much more.** Presents current, state-of-the-art information on sports medicine and rehabilitation in dogs Offers perspectives from an international list of expert authors Covers all topics related to veterinary care of the canine athlete and all active dogs Includes illustrations and photographs throughout to demonstrate key concepts Provides clinical cases that set the information in context **Canine Sports Medicine and Rehabilitation is a complete resource for veterinarians, physical therapists, veterinary technicians, and anyone interested in working with canine athletes or in offering rehabilitation therapy in their practice.**

Sports Injuries in the Military, An Issue of Clinics in Sports Medicine,

Brukner & Khan's Clinical Sports Medicine

Sports Medicine for Sports Trainers

ACSM's Sports Medicine

Essentials of Sports Medicine

Postsurgical Orthopedic Sports Rehabilitation

Practical and highly organized, *The 5-Minute Sports Medicine Consult, 3rd Edition*, is a reliable, go-to resource for clinicians in primary care, sports medicine, nursing, pediatrics, athletic training and physical therapy. This popular title provides rapid access to guidance on diagnosis, acute treatment (including on-field management), long-term treatment (including rehabilitation and referrals), and commonly asked questions for common sports-related problems seen in adult and pediatric patients. *The 5-Minute Sports Medicine Consult* delivers maximum clinical confidence as efficiently as possible ... allowing you to focus your valuable time on giving your patients the best possible care. Get quick access to all-new content, including Ankle Impingement, Femero-acetabular Impingement, Myositis Ossificans, and Vocal Cord Dysfunction, in print and online. Find the answers you need quickly thanks to an intuitive, at-a-glance format, with concise, bulleted text; return-to-play and secondary prevention information; and much more. Make confident decisions aided by current evidence-based designations in each topic. Consult useful appendices for quick answers on musculoskeletal radiography and joint and soft tissue injection. Written by esteemed primary care and sports medicine practitioners and published by the leading publisher in medical content, *The 5-Minute Sports Medicine Consult, 3rd Edition* includes a 10-Day Free Trial to 5MinuteConsult.com. 5MinuteConsult.com is an evidence-based, online workflow tool easily integrated at the point of care. 5MinuteConsult.com provides online-exclusive content, including: A thoroughly updated and expanded appendix on Office Rehabilitation More than 1,500 additional topics, including the full contents of *The 5-Minute Clinical Consult* and *The 5-Minute Pediatric Consult* Differential diagnosis support from an extensive collection of algorithms Current evidence-based designations highlighted in each topic Thousands of images to help support visual diagnosis of all conditions A video library of procedures, treatment, and physical therapy techniques An A-to-Z Drug Database from Facts & Comparisons® Guidance on laboratory test interpretation from *Wallach's Interpretation of Diagnostic Tests* More than 3,000 patient handouts in English and Spanish Approximately 100 Diseases and Conditions in Spanish FREE point-of-care CME and CE: 0.5 credits each time you search the site to find the best treatment for your patients. This activity has been reviewed and is acceptable for up to 20 prescribed credits by the AAFP and the ANCC. Consider a subscription to 5MinuteConsult.com, available for 1 year with the purchase of *The 5-Minute Sports Medicine Consult Premium: 1-Year Enhanced Online Access + Print, 3rd Edition* or an online-only subscription, available at www.5MinuteConsult.com

Brukner & Khan's Clinical Sports Medicine, the world-leading title in sport and exercise medicine. To accommodate the rapid advances in the profession, this fifth edition has been expanded into two volumes. The first volume, *Injuries*, is the essential guide to all aspects of preventing, diagnosing and treating sports-related injuries. This second volume, *The Medicine of Exercise*, focuses on the health benefits of exercise and discusses the current medical issues in sport. The six sections of *The Medicine of Exercise* are: * Physical activity and health (6 chapters) * Managing medical problems (16 chapters) * Exercising in challenging environments (5 chapters) * Exercise medicine for specific groups (5 chapters) * Performance and ethics (5 chapters) * Practical sports medicine (3 chapters)

In an accessible and easy-to-follow manner, this concise textbook on sports medicine provides a useful resource for those students and practitioners of sports medicine and rehabilitation, athletic training, physiotherapy and orthopedic surgery.

Imaging plays an increasingly vital role in the management of athletes aiding diagnosis, injury grading and prognosis, as well as guiding therapy. These processes apply equally to elite and recreational athletes young and old. I have always found that understanding the relevance of imaging findings is easier when accompanied by knowledge of the anatomy, biomechanics and pathological processes involved in injury formation. This textbook has been developed with both radiologists and sports clinicians in mind and aims to bring all these processes together and illustrate the spectrum of injury and associated clinical features for specific anatomical areas. Internationally recognized musculoskeletal experts have contributed chapters which provide an imaging and clinical overview of the most relevant joint, bone and soft tissue athletic injuries. There is guidance for the reader on why specific injuries occur, how to identify the optimal imaging evaluation and how to interpret the subsequent imaging findings. Acute and overuse injuries are discussed as well as the premature degenerative processes that occur in athletes. State-of-the-art imaging techniques and findings are presented including the use of musculoskeletal ultrasound, conventional MR imaging and MR arthrography. Therapeutic imaging-guided intervention using fuoroscopy, CT, and ultrasound is also discussed. This balance of techniques should allow a clinician whose practice focuses on one particular modality to become aware not only of that technique's abilities but other modalities and their capabilities and limitations. Leeds, UK Philip Robinson

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. 1 Melanie A. Hopper and Andrew J.

The 5-Minute Sports Medicine Consult
Essential Radiology for Sports Medicine
Advanced On- and Off-field Management
Clinical Sports Medicine
Endurance Sports Medicine

Clinical Case Studies in Physiotherapy E-Book

The Soft Tissues: Trauma and Sports Injuries focuses on the diagnosis, treatment, and rehabilitation of soft tissue injuries. The publication first offers information on the incidence, nature, and economic effects of soft tissue injury and the anatomy of soft tissues. Discussions focus on economic effects and burden on health care service, nature of soft tissue lesions, muscles, tendons, ligaments, and the skin. The manuscript also examines skin injuries and wound healing and muscle injuries. The text takes a look at the management of the acutely injured joint, tendon injuries with special reference to the hand, and cold injuries. Topics include open flexor tendon injuries of the hand, closed extensor tendon injuries, insertional tendinitis, cold and muscle injury, prevention of cold injury, and cold and the increased risk of accidents. The manuscript also surveys the imaging of soft tissues; physiological testing in sport performance; effect of ultrasound on the biology of soft tissue repair; and injuries to the head, spine, lower and upper limbs, and the eyes. The publication is a vital reference for sports medicine specialists and readers interested in soft tissue injuries.

Provides a comprehensive source of the latest evidence based approaches to the assessment, management, rehabilitation and prevention of injuries related to sport and exercise. G Kolt, University Western Syd, Australia.

The must-have resource for immediate, reliable information for the treatment of athletes at the point of care and beyond.

The information you need to care for your athletes on and off the field. The Sports Medicine Field Manual is a downloadable resource, developed in partnership with the American Academy of Orthopaedic Surgeons (AAOS), the National Athletic Trainers' Association (NATA), the American Medical Society for Sports Medicine (AMSSM), and the American Orthopaedic Society for Sports Medicine (AOSSM). Each section was written by a collaborative team of experts, including orthopaedic surgeons, athletic trainers and primary care physicians with experience in caring for athletes at all levels. The Sports Medicine Field Manual is a reference for on-site evaluation and management of athletic injuries and conditions, as well as education beyond the point of care. Based on current peer-reviewed evidence and standards of practice, it offers safe, accurate and proven information on more than 50 topics, including:

- Preparticipation evaluation
- On-site preparation, including staff and equipment needs
- Initial assessment and physical examination
- Evaluation and logistics
- Diagnostic testing and treatment
- Risk management and medical considerations
- Return to play
- Injuries by anatomical area or specific condition

Simple to search, plus bulleted text for quick reading, visuals to help promote understanding, and text and graphics which enlarge for easy reading. Be ready for anything – with practical and reliable medical information to best manage the injuries and health issues of your athletes where and when you need it. Download the Sports Medicine Field Manual today.

Featuring more than 950 photographs and drawings—including 500 in full color—this text offers step-by-step instructions on techniques for performing common and complex sports medicine procedures in the upper and lower extremities.

Noted experts who have developed or perfected these techniques guide the reader in stepwise detail through each procedure. Where appropriate, the book covers both open and arthroscopic techniques for each injury or problem.

Coverage includes the most current and cutting-edge techniques as well as traditional tried and true procedures in operative sports medicine.

Key Topics in Sports Medicine

Encyclopedia of Sports Medicine

Trauma and Sports Injuries

Rehabilitation Techniques in Sports Medicine

Medical Management and Rehabilitation

Rehabilitation is, by definition, the restoration of optimal form and function for an athlete. In this edition in the Encyclopedia of Sports Medicine, the editor and contributors advocate that rehabilitation should begin as soon as possible after the injury occurs, alongside therapeutic measures such as anti-inflammatories and other pain killing agents. This might also begin before, or immediately after, surgery. The rehabilitative process is therefore managed by a multi-disciplinary team, including physicians, physiotherapists, psychologists, nutritionists, and athletic trainers, among others. This book considers the three phases of rehabilitation: pain relief, protection of the affected area and limitation of tissue damage; limitation of impairment and recovery of flexibility, strength, endurance, balance and coordination; and finally the start of conditioning to return to training and competition.

Primary care practitioners are often the first medical professionals to see patients after an injury, making it critical for them to be up to date on the latest developments in sports medicine. **Musculoskeletal and Sports Medicine for the Primary Care Practitioner** provides the most current information on major topics in sports science and clinical medicine. It is a valuable resource for primary care physicians and allied health professionals who practice, teach, and hold specialty certifications in sports medicine and related fields. The book discusses key concepts related to the diagnosis, treatment, and prevention of sports injuries. This edition adds new chapters on pro-inflammatory treatments, field-side acupuncture, and brief musculoskeletal ultrasound as well as a new chapter on well-being. Video illustrations of important musculoskeletal maneuvers at www.crcpress.com/9781482220117. The book follows the SORT (Recommendation Taxonomy) (SORT), which addresses the quality, quantity, and consistency of evidence. It recommends levels of patient-oriented evidence to assist physicians in their diagnoses. Also included is a link to videos that demonstrate important musculoskeletal maneuvers used in sports medicine. As exercise and sports move beyond the realm of leisurely activity to a more integral component of good health, this book has become an important resource for all those involved in sports medicine.

Written by primary care sports medicine physicians, **The Sports Medicine Resource Manual** is the one musculoskeletal textbook ideally suited for family medicine and sports medicine providers. Chapters on physical exam and diagnosis are carefully integrated with sections on rehabilitation and management—including a complete guide to procedural skills such as casting, injections,

compartment testing, running shoe prescriptions and more. In this conveniently sized volume, sports medicine physicians, orthopedic surgeons, emergency medicine physicians, physical therapists, pediatricians, team physicians, athletic trainers, and others share their expertise on everything from diagnosis and proper rehabilitation of musculoskeletal pain to "field side" coverage and acute management of the injured athlete. Designed as both a tutorial and a trusted reference, this easy-to-reference resource will provide you with expert guidance for years to come. Integrates sports medicine diagnosis and management with procedural skills, making this a one-stop reference for outpatient sports and musculoskeletal medicine. Features expert guidance from multiple medical disciplines, providing you with well-rounded coverage from various perspectives. Includes evidence-based guidelines and ratings, wherever available, ensuring you have the best clinical knowledge to deliver the best possible outcomes. Emphasizes rehabilitation of soft tissue injuries, fracture management, and musculoskeletal procedures to help you effectively treat more of what you see regularly. Presents appendices on exercise and injury for special populations, including pregnant women and pediatric and geriatric patients, enabling you to appropriately care for the diverse range of individuals in primary care practice. Uses a templated format throughout making this reference a snap.