

## Cultural Competence In Sports Medicine Paperback

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a resource offering quick access to common problems found on the ward or in the clinic this text provides comprehensive and concise evidence based information on diagnosing and treating sports injuries

describes a variety of sports injuries and their treatment

this thoroughly illustrated handbook is the first complete how to guide to the use of manual medicine techniques for sports injuries for each region of the body the book describes anatomy physiology physical examination and common sports injuries and details the various manual

medicine techniques with step by step instructions for treating specific injuries more than 400 illustrations demonstrate how to apply these techniques separate chapters focus on injuries in fourteen specific sports and in specific athletic populations the differently abled children women the elderly and pregnant athletes

this e book 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 and 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

the textbook of sports medicine provides comprehensive coverage of both basic science and clinical aspects of sports injury and physical activity more than one hundred of the world s leading authorities within exercise physiology clinical internal medicine sports medicine and traumatology have contributed with evidence based state of the art chapters to produce the most complete integration ever of sports medicine science into one book great attention has been given to providing balanced coverage of all aspects of sports medicine with respect to the relevance and clinical importance of each area the book isolates solid principles and knowledge and the documentation to support these as well as identifying areas where further scientific investigation is needed the topics dealt with and the degree of detail in the individual chapters makes the book ideal for both educational programs at university level within exercise science and sports medicine as well as for post graduate courses within all aspects of sports medicine in addition the book will be excellent as a reference book in any place where professionals whether doctors exercise scientists physiotherapists or coaches are dealing with supervision or treatment of sports active individuals finally the book is well structured to act as an introduction to research in the field of sports medicine

netter s sports medicine by christopher c madden md margot putukian md facsm craig c young md and eric c mccarty md is a reference designed to help you meet the challenges presented by your patients in this growing interdisciplinary field more than 1 000 netter images along with photos of physical examination techniques and imaging examples provide a rich visual understanding while a bulleted text format combined with a user friendly organization by specific types of injuries as well as different types of sports makes reference quick and easy discussions of a full range of sports traditional as well as less common ensure that the coverage is comprehensive and up to date from pre participation exams musculoskeletal injuries sports nutrition and sports psychology to general medical problems in athletes this reference equips you with the guidance you need to keep your patients at the top of their game presents more than 1 000 netter illustrations accompanied by photos of physical examination techniques radiographs and other imaging techniques including ct and mri that equip you with a rich visual understanding of sports medicine features a bulleted text format for quick read guidance organizes information by specific

types of injuries as well as different types of sports for an easy to access reference discusses traditional along with less common sports for comprehensive coverage that is up to date includes a section that examines considerations for specific athlete populations including children women the senior athlete and the physically challenged to help you meet their special needs presents the cross disciplinary contributions of primary care physicians athletic trainers physical therapists dentists orthopaedic surgeons and others who provide a well rounded perspective on the subject combines current evidence based information with expert clinical guidance for a high yield reference

written by surgeons who are noted teachers this volume of our orthopaedic surgery essentials series presents all the information residents need during sports medicine rotations it can easily be read cover to cover during a rotation or used for quick reference before a patient workup or operation the user friendly visually stimulating format features ample illustrations algorithms bulleted lists charts and tables the book begins with physical examination non surgical topics and principles of arthroscopic surgery and proceeds to specific sports injuries at each anatomic site coverage of each injury includes surgical anatomy diagnosis imaging indications for surgery techniques and complications

the revised streamlined and reorganized delee drez s orthopaedic sports medicine continues to be your must have orthopaedics reference covering the surgical medical and rehabilitation injury prevention topics related to athletic injuries and chronic conditions it provides the most clinically focused comprehensive guidance available in any single source with contributions from the most respected authorities in the field consult this title on your favorite e reader conduct rapid searches and adjust font sizes for optimal readability be prepared to handle the full range of clinical challenges with coverage of both pediatric and aging athletes important non orthopaedic conditions involved in the management of the athlete rapidly evolving techniques and sports related fractures understand rehabilitation and other therapeutic modalities in the context of return to play take advantage of in depth coverage of arthroscopic techniques including acl reconstruction allograft cartilage transplantation rotator cuff repair and complications in athletes as well as injury prevention nutrition pharmacology and psychology in sports equip yourself with the most current information surrounding hot topics such as hip pain in the athlete hip arthroscopy concussions and medical management of the athlete remain at the forefront of the field with content that addresses the latest changes in orthopaedics including advances in sports medicine community knowledge evidence based medicine ultrasound guided injections biologic therapies and principles of injury prevention enhance your understanding with fully updated figures throughout take a global view of orthopaedic sports medicine with the addition of two new international section editors and supplemental international content access even more expert content in new author s preferred technique sections find the information you need more quickly with this completely reorganized text

instructions for sports medicine patients provides step by step guidance for your patients to save time and eliminate the risk of miscommunication marc safran and james e zachazewski present the combined perspectives of both an orthopaedic sports medicine

physician and a physical therapist for a balanced approach to therapeutic practices the updated second edition covers additional topics so that you stay current and have the best treatment options at your fingertips you ll have over 300 rehabilitation exercises with detailed drawings and descriptions all downloadable from expertconsult.com ensure that your patients comply with therapeutic instructions and recover more quickly from chronic ankle instability tennis elbow and more access the fully searchable contents on cd along with all topics printable as pdfs for fast and easy access to the instructions you need provide over 300 rehabilitation exercises with detailed drawings and descriptions that are easy for the patient to follow at home customize patient handouts with special instructions through an adaptable notes area benefit from the perspectives of an orthopedic sports medicine physician and a physical therapist for balanced guidelines for the patient to follow stay at the forefront of therapy and practice with coverage of additional new topics flexor hallucis longus tendonitis hip labral tear femoroacetabular impingement ligamentum teres tear hip instability stiff frozen shoulder surgery for hip arthroscopic surgery slap lesion bennett s lesion thrower s shoulder exercise with a joint replacement arthroplasty trochanteric bursitis and viscosupplementation save time in finding the right treatment using an expanded contents list that cross references both the common and scientific names of each condition improve patient compliance even in the face of potential language barriers with instructions in both spanish and english that you can customize download and print help your patients understand instructions thanks to material at a 6th grade reading level for easy comprehension

this manual is the perfect pocket reference for all health care professionals who care for athletes including sports medicine specialists orthopaedic surgeons family practitioners physical therapists and trainers in a format designed for quick reference the book provides comprehensive guidance on the full range of issues in sports medicine from pre participation examinations protective equipment and training to care of specific medical problems and injuries to summaries of what to expect in each particular sport paperback edition available only in selected countries please check with your local representative or distributor

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ultrasound and a newly added chapter on exercise as medicine the book also contains a practice test of over 260 questions new to this edition with an answer key and detailed rationales for candidates to assess clinical knowledge and assist with final preparation for boards loaded with high yield facts throughout this proven resource is fit for any student trainee or clinician preparing for boards moc or in training exams key features offers comprehensive coverage of all topics tested on the sports medicine caq examination encourages targeted review through easy to read outline format illustrates key points with over 100 figures and tables for enhanced learning contains full practice test with 260 questions answers and explanations purchase includes digital access for use on most mobile devices or computers

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this concise clinically driven entry into the current series covers the diagnosis and management of sports injuries and related disorders with an emphasis on musculo skeletal disorders the author focuses on core stabilization and rehabilitation considerations and integrates prevention throughout

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