

Athletic Taping And Bracing 2nd Edition

Examination of Musculoskeletal Injuries, Fourth Edition, guides current and future athletic trainers and rehabilitation professionals through the examination and evaluation of musculoskeletal injuries both on and off the field.

Whether you are searching for a new physical challenge or a way to incorporate yoga into your exercise routine, Beth Shaw's YogaFit will help you reach your physical potential. Expanded and updated, this highly acclaimed program combines challenging conditioning work with strength- and flexibility-building yoga

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to create a total-body workout. With YogaFit, you'll have not only increased overall health, energy, and vitality but also a stronger and leaner body, reduced stress, better posture, improved concentration, and a higher level of fitness. Written by Beth Shaw, an internationally renowned expert on fitness and yoga, this book presents more than 100 YogaFit poses organized into workout routines that you can use every day. The text includes information on using YogaFit as a training tool for sports and creating personalized routines to meet your own needs. Athletes will benefit from sport-specific routines designed specifically for baseball, basketball, boxing, cycling, golf, kickboxing, running, skiing, snowboarding, softball,

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swimming, tennis, volleyball, and weightlifting. The full-color photo sequences and step-by-step instruction make it more accessible than ever! Join the more than 250,000 trained YogaFit instructors and the millions of people who have already tried Beth Shaw's YogaFit and proved that it works. You'll get results in a few weeks—and benefits that last a lifetime.

Edited by past presidents of the American Medical Society for Sports Medicine, Netter's Sports Medicine, 2nd Edition, is a superbly illustrated, go-to sports medicine resource for the outpatient office, the training room, on the sideline, and for certification preparation. Designed for quick reference, this interdisciplinary reference by Drs. Christopher Madden,

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Margot Putukian, Eric McCarty, and Craig Young, is organized by both topic and sport, so you can find what you need quickly. Whether you are a primary care physician managing a common or unique musculoskeletal injury in an ambulatory setting ... an orthopaedic surgeon gaining insight about a medical or psychological problem foreign to the cast or operating room ... an athletic trainer figuring out a diagnosis in the training room ... or a physical therapist pursuing further in-depth sports medicine knowledge, this reference gives you the guidance you need to keep athletes and other active patients at the top of their game. More than 1,000 superb Netter graphics, tables, figures, pictures, diagnostic images, and other medical artwork

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highlight the easy-to-read, bulleted text. Ideal for the sports clinician, team physician, and any health care professionals who provide care to athletes and active individuals. New chapters on travel considerations for the athlete, EKG interpretation, cardiac disease, diagnostic imaging and ultrasound, injury prevention protocols, equestrian sports and rodeo medicine, mixed martial arts, and many more. Up-to-date coverage of nutritional supplements, eating disorders, sports and pharmacology for chronic conditions and behavioral medicine, and extreme and adventure sports. Fundamentals of Athletic Training, Third Edition, explains foundational concepts in athletic training and presents injuries and illnesses

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commonly encountered by certified athletic trainers. Written specifically for high school students, this text develops the knowledge and skills of students assisting athletic trainers on the field and in the training room as well as those considering future careers as sports medicine professionals. In an engaging full-color layout, the updated third edition presents the latest developments in athletic training with regard to treatment, care, administration, and certification. These new and updated topics are covered:

- How to deal with more than one injury simultaneously
- How to work with athletes with differing cultural backgrounds
- Treatment and care of athletes with specific conditions or disabilities
- Facility design and

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modality safety •Equipment ordering and maintenance •The role of the athletic trainer in school emergencies

Fundamentals of Athletic Training, Third Edition, covers all of the introductory concepts that future athletic trainers need to know—at a level that high school students can understand. The text begins with an overview of the athletic training profession and presents human anatomy and the physiology of injury and tissue healing. A quick reference list highlights where to find related anatomical drawings. It then presents comprehensive head-to-toe coverage of common injuries and includes an explanation of each injury with appropriate treatment protocols. The text also discusses various conditions,

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illnesses, and communicable diseases along with information on nutrition and the effects of therapeutic, recreational, and performance-enhancing drug use. Students will learn the fundamentals of rehabilitation and injury prevention techniques through the use of taping, wrapping, and protective equipment. The third edition includes new and updated learning features that add interest, depth, and opportunities for critical thinking. Special chapter vignettes titled "What would you do if . . .?" encourage students to consider how they might handle day-to-day challenges faced by athletic trainers. "The Real World" segments provide examples of experiences that athletic trainers currently working in the field encounter. Other highlighted elements

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offer additional information about challenging topics, suggestions for additional research and special projects, or direction for hands-on application of theories presented within the chapter. Fundamentals of Athletic Training, Third Edition, also includes fully updated and expanded instructor materials. Online access to the instructor guide, the test package, and a new image bank now provide convenient, one-source assistance for lecture and test preparation. As a bonus, instructors may request the Essentials of Interactive Functional Anatomy CD-ROM for use in their classrooms. This unique learning tool provides an engaging way to teach the basics of human anatomy. Fundamentals of Athletic Training,

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Third Edition, provides student athletic training assistants with a clear understanding of the functions, skills, and activities they might encounter while assisting certified athletic trainers. By offering a solid introduction to the profession, this text will also pique the interest of students considering their career possibilities and act as a springboard to a future in athletic training and sports medicine.

Sports Medicine Essentials: Core Concepts in Athletic Training & Fitness Instruction

Principles and Practice

Core Concepts in Athletic Training and Therapy

Directory of Sport Science

The premier text for athletic

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taping and bracing is now revised in a stunning third edition. Athletic Taping and Bracing retains its emphasis on the techniques most commonly used by athletic trainers and therapists while integrating the science of anatomy and injury mechanisms with the practice of athletic taping and bracing. Plus, the third edition expands on traditional taping by including methods for rigid strap taping and elastic kinesiology taping. Athletic Taping and Bracing, Third Edition, includes more than 480 full-color illustrations and photos, providing invaluable visual aids for both students and professionals. These include

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superb three-dimensional anatomical images from Primal Pictures. The photos that depict taping sequences feature tape with darkened edges that enable readers to distinguish the layers and patterns of the tape applied in each step. With its concise anatomical descriptions and detailed anatomical illustrations similar to those normally found in advanced texts on anatomy, the book clearly highlights the mechanisms of injury that are crucial for understanding effective taping and bracing. The text thoroughly discusses and illustrates the general principles of taping and bracing for each major joint and body

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region. The third edition adds step-by-step instructions for 10 additional techniques, including elastic kinesiology taping and rigid strap taping techniques for gastrocnemius strains, Achilles tendinitis, and arch problems; knee, quadriceps, and hip problems; shoulder and elbow hyperextension laxity; epicondylitis; and wrist and hand issues. The book also features newly added instructor resources consisting of an image bank and testing checklists to help students master the taping procedures. The text covers the 46 most frequently applied taping and bracing procedures in clinical

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practice, some of which are broken down into as many as 16 steps. It illustrates procedures for fabricating protective pads and orthotics, and it details the dos and don'ts of taping and bracing. To emphasize rehabilitation as well as prevention, *Athletic Taping and Bracing, Third Edition*, also presents basic stretching and strengthening exercises for injury rehabilitation. These exercises, presented and illustrated for each body part, focus on flexibility, strength, and proprioception. Combined with the taping and bracing procedures, the exercises will help rehabilitated athletes

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maintain strength and flexibility and safely return to play. With Athletic Taping and Bracing, Third Edition, readers will learn the evidence-based foundations and techniques of taping and bracing, as well as how taping and bracing can aid an athlete's total rehabilitation. The coverage of rehabilitation exercises as well as prevention will help readers become more effective health care providers for athletes and other active people with musculoskeletal injuries and problems.

Acute and Emergency Care in Athletic Training is an invaluable text for students in athletic training programs. It

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provides them with the necessary information to examine, treat, and manage common acute injuries and illnesses.

This text embraces the philosophy of 'active' conservative care and a multidisciplinary team approach to treatment. It addresses site specific sports injuries, as well as diagnostic imaging, strength and conditioning, nutrition and steroid use.

A complete roadmap to success on the Board of Certification Athletic Trainer Certification Examination. This popular study guide delivers everything students need to sit for the

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exam with confidence.

A Clinical Guide to Evaluation and Management

Current Bibliographies in Medicine

Fundamentals of Athletic Training

Athletic Taping and Bracing
Introduction to Sports Medicine and Athletic Training (Book Only)

Sports Medicine Essentials: Core Concepts in Athletic Training, Second Edition introduces students to potential careers in the Sports Medicine field, from Fitness Instructor to Athletic Trainer. This comprehensive

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text surveys a broad scope of knowledge related to the Sports Medicine field, encompassing fitness assessment, conditioning, emergency preparedness, injury management, therapeutic modalities, nutrition, ethical and legal considerations and much more. To help introduce students to an array of exciting careers, it features enrichment activities that include researching the cost of sports medicine supplies, demonstrate taping techniques, and the forming of a safety committee to

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devise a plan to minimize risk to a team, athletes or clients. This complete resource is a fantastic introduction for any program. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

5 Stars! Doody's Review Service "Not only will this book educate readers on current concepts and techniques, it also will serve as a valuable reference for developing strategies, policies, and procedures for

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practicing clinicians."

Published in Cooperation with the American College of Sports Medicine (ACSM), *Preventing Sudden Death in Sport and Physical Activity* examines the etiology, prevention, recognition, treatment, and return-to-play protocol of the common causes of sudden death in sport. Chapters are written by content area experts, offering a blend of clinical, scientific, and research expertise regarding each medical condition that is discussed. Important Notice: The digital edition of this

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book is missing some of the images or content found in the physical edition.

The latest edition of this in-depth look at athletic injuries of the shoulder has been updated to feature 16 new chapters, additional illustrations and algorithms, an added focus on arthroscopic treatments, and pearls that highlight key information. Additional contributing authors give you a fresh spin on new and old topics from rehabilitation exercises to special coverage of female athletes, pediatrics, and

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golfers. This book offers coverage of arthroscopy, total joint replacement, instability, football, tennis, swimming, and gymnastic injuries, rotator cuff injuries, and much, much more! The large range of topics covered in this text ensures that it's a great resource for orthopaedists, physical therapists, athletic trainers, and primary care physicians. Presents a multidisciplinary approach to the care of the shoulder, combining contributions from the leaders in the field of orthopedic surgery, physical

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therapy, and athletic training. Demonstrates which exercises your patients should perform in order to decrease their chance of injury or increase strength following an injury through illustrated exercises for rehabilitation and injury prevention. Illustrates how the shoulder is affected during activity of certain sports with a variety of tables and graphs. Covers a large range of topics including all shoulder injuries to be sufficiently comprehensive for both orthopaedists and physical

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therapists/athletic trainers. Features 16 new chapters, including Internal Impingement, Bankarts: Open vs. Arthroscopy, Adhesive Capsulitis of the Shoulder, Cervicogenic Shoulder Pain, Proprioception: Testing and Treatment, and more. Details current surgical and rehabilitation information for all aspects of shoulder pathology to keep you up-to-date. Organizes topics into different sections on anatomy, biomechanics, surgery, and rehabilitation for ease of reference.

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This unique book is a practical, "go to" source of comprehensive information on the care of peroneal tendon injuries, accurately illustrating this hot topic with many anatomical drawings of how the anatomy influences the diseases we see clinically. This presentation opens with a review of the normal anatomy, biomechanics and examination of the peroneal tendons, followed by a discussion of congenital variations and imaging strategies used in diagnosis and evaluation. Both

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conservative and surgical management techniques are then elucidated in injury-specific chapters, from peroneus brevis splits and stenosing tenosynovitis to painful os peroneum syndrome (POPS) and acute dislocation. Chapters on rehabilitation and comorbid pathologies round out the presentation. The diagnosis of peroneal tendon injury is much more common today than it was 20 years ago. Utilizing the latest evidence and presenting the most cutting-edge management techniques, *The Peroneal*

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Tendons will be useful for orthopedic and podiatric surgeons, sports medicine specialists, and students and residents in these areas.

January 1989 Through June 1993 : 2316 Citations

Strap Taping for Sports and Rehabilitation

Routledge Handbook of Sports Therapy, Injury Assessment and Rehabilitation

Advanced Knitting Technology

Injury Susceptibility in Sport
Completely overhauled and updated, Athletic Taping and Bracing, Second Edition, is a

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leading text in its field. Like the popular first edition, it continues to integrate the science of anatomy and injury mechanisms with the practice of athletic taping and bracing. The new edition is updated to reflect changes in the National Athletic Trainers' Association (NATA) Education Council's "Competencies in Athletic Training" and the fourth edition of the NATA Board of Certification's "Role Delineation Study." Both students and professionals will use this text time and again as a reliable reference. Athletic Taping and Bracing, Second Edition, has been significantly improved with the addition of more than 450 full-

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color illustrations and photos. These include 60 superb three-dimensional anatomical images from Primal Pictures. The photos that illustrate taping sequences feature tape with darkened edges that enable readers to distinguish the layers and patterns of the tape applied in each step. With its concise anatomical descriptions and detailed anatomical illustrations similar to those normally found in advanced texts on anatomy, the book clearly highlights the mechanisms of injury that are crucial for understanding effective taping and bracing. The text thoroughly discusses and illustrates the general principles of taping and

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bracing for each major joint and body region. It also contains step-by-step instructions for 36 taping and wrapping procedures, some of which are broken down into as many as 16 steps. It illustrates procedures for fabricating protective pads and orthotics, and it details the dos and don'ts of taping and bracing. To emphasize rehabilitation as well as prevention, Athletic Taping and Bracing, Second Edition, also presents basic stretching and strengthening exercises for injury rehabilitation. These exercises, presented and illustrated for each body part, focus on flexibility, strength, and proprioception. Combined with the taping and

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bracing procedures, the exercises will help rehabilitated athletes maintain strength and flexibility and safely return to play. Through Athletic Taping and Bracing, Second Edition, readers will learn the foundations and techniques of taping and bracing. Taping and bracing are presented as adjuncts to, rather than panaceas for, the athlete's total rehabilitation. The emphasis on rehabilitation as well as prevention will help readers become more effective health care providers for athletes and other active people with musculoskeletal injuries and problems. To complement the text, the companion Sport Taping Basics DVD is also available. The

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DVD brings the book to life by visually demonstrating 22 specific procedures. Each procedure is shown in its entirety without disruption. The taping procedure is then shown again to highlight the key steps of the procedure, and includes close-ups and correct positioning of the athletic trainer and athlete, making the demonstrations easy to follow. Perrin also demonstrates how to properly cut, tear, and remove tape. Based on the previous Sport Taping Basics video set, the expanded content and convenient DVD format makes it fast and simple for you to find and select the specific taping procedure you want to review. Athletic Taping

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and Bracing, Second Edition, and the Sport Taping Basics DVD captures the art and science of taping and bracing through detailed explanations, spectacular images, and clear demonstrations. Working individually or in tandem with one another, the book and DVD stay in step with current NATA competencies and practices, and offer top-quality instruction. With all this, Athletic Taping and Bracing, Second Edition, and Sport Taping Basics DVD are the premier instructional taping resources in the athletic training field. HK DVDs are coded for universal playback and can be played in all regions of the world. "With numerous methods

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available for orthopedic injuries, many texts go into all the applications in a given area or injury and leave readers wondering which one works best or is more useful. Taping, Wrapping, and Bracing for Athletic Trainers: Functional Methods for Application and Fabrication is a collection of some of the most commonly used and most functional taping, wrapping, and bracing techniques for orthopedic injuries. Andy Grubbs has designed this text to not only show the best method(s) for a given area but to add another method to each clinician's bag of tricks. Taping, Wrapping, and Bracing for Athletic Trainers

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focuses on the most functional and useful methods in clinical settings and each application is performed in the proper manner to ensure functionality. With the step-by-step instructions, athletic trainers, coaches, and allied health care practitioners will gain comprehensive knowledge and practical skills to understand, reproduce and master the useful taping techniques. While this book offers material recommendations for each technique, it is important to understand that some taping techniques can be performed with a number of different types of taping materials"--Publisher's website.

Sports Science.

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This addition to the Handbook series is presented in five sections. The first sections covers basic and applied science, including biomechanics, the physiologic demands of volleyball, conditioning and nutrition. The second section looks at the role of the medical professional in volleyball, covering team physicians, pre-participation examination, medical equipment at courtside and emergency planning. The third section looks at injuries - including prevention, epidemiology, upper and lower limb injuries and rehabilitation. The next section looks at those volleyball players who require special consideration: the young,

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the disabled, and the elite, as well as gender issues. Finally, section five looks at performance enhancement.

The Peroneal Tendons

Netter's Sports Medicine E-Book

Athletic Training Exam Review

Examination of Musculoskeletal

Injuries With Web Resource-4th

Edition

Emergency Response

Management for Athletic Trainers

Athletic Taping and Bracing is

the first textbook to apply the

science of anatomy and injury

mechanisms to the practice of

athletic taping. By examining

major joints and muscle groups

you'll master step-by-step taping

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and bracing techniques for preventing and managing sport injuries. The book's reader-friendly format features more than 400 detailed photographs and medical illustrations. You'll find it easy to visualize underlying anatomical structures and injury mechanisms and to learn proper methods for applying tape, braces, wraps, and orthotics. You'll also find discussions of specific injuries and techniques for treatment, plus stretching and strengthening exercises to help athletes avoid reinjury. Whether you're a student or practitioner, you'll earn the confidence of your athletes

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by mastering the art and science of Athletic Taping and Bracing. This successful and acclaimed guide has now been fully updated and expanded in its second edition. Injuries are a constant problem in sporting life and often require immediate, on-the-spot action to alleviate pain and limit further damage. This book addresses the two most essential elements of effective taping - recognition of injuries and application of techniques. Accessible, portable and easy to use, the book is organized into two sections: the first covers taping supplies and their use, taping objectives, guidelines,

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basic pathology and key taping strategies; the second shows taping techniques in precise, step-by-step stages illustrated by color photographs. Techniques are further illustrated by physical demonstration in the DVD accompanying the book. Good taping is a matter of practice, but this book goes further than simply showing HOW to tape - it explores the reasons WHY we tape, and the therapeutic effect it has on the physiology, neurophysiology, biomechanics, neuromusculoskeletal system and psychology of an individual. The possible adverse reactions to these systems are also

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covered, as well as dermatological adverse reactions. Easy to use, step-by-step pictorial presentation Demonstrates techniques to provide immediate pain relief as well as the best environment for healing Includes detailed charts to help identify the injury and select the most appropriate taping technique Illustrates and clarifies basic soft-tissue anatomy and physiology Portable, on-field manual Describes selection and use of taping material New color photographs and anatomical illustrations DVD with videoclips of taping techniques

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Develop confidence in injury recognition and assessment techniques with this book. This book equips students and athletic trainers with what they need to develop the evaluation skills to identify and differentiate various pathologies and accurately assess the nature and severity of the injury. The text offers step-by-step guidelines to develop a sound knowledge base and the skills required to effectively perform thorough and systematic injury assessments. You'll find well-illustrated descriptions of evaluation techniques the certified athletic trainer can use to help identify

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sport-related injuries and disorders. And you'll find clear descriptions of the symptoms of common medical conditions as well.--[book cover].

David Perrin examines the major joints & muscle groups, offering step-by-step taping & bracing techniques for the prevention & management of sports injuries.

Complete Guide to Slowpitch Softball

Study Guide for the Board of Certification, Inc., Athletic Trainer Certification Examination

Emergency Management for Sport and Physical Activity

Beth Shaw's YogaFit

Epidemiology of Injury Rates

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Among High School Athletes
The work of a sports therapist is highly technical and requires a confident, responsible and professional approach. The Routledge Handbook of Sports Therapy, Injury Assessment and Rehabilitation is a comprehensive and authoritative reference for those studying or working in this field and is the first book to comprehensively cover all of the following areas: Sports Injury Aetiology Soft Tissue Injury Healing Clinical Assessment in Sports Therapy Clinical Interventions in Sports Therapy Spinal and Peripheral Anatomy, Injury Assessment and Management Pitch-side Trauma Care

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Professionalism and Ethics in Sports Therapy The Handbook presents principles which form the foundation of the profession and incorporates a set of spinal and peripheral regional chapters which detail functional anatomy, the injuries common to those regions, and evidence-based assessment and management approaches. Its design incorporates numerous photographs, figures, tables, practitioner tips and detailed sample Patient Record Forms. This book is comprehensively referenced and multi-authored, and is essential to anyone involved in sports therapy, from their first year as an undergraduate, to those currently in professional practice.

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Advanced Knitting Technology provides complete coverage of the latest innovations and developments in knitting technology, including emerging methods as well as the latest best practice for classical processes. Many technologies can be used for the production of cloth such as weaving, knitting, nonwoven, and braiding. Knitting methods are being selected for a growing range of applications due to the spectacular properties of knitted fabric, such as softer tactile quality, higher stretchability, bulkiness, and functional properties that compare favorably with other woven fabrics. Beyond the well-known apparel applications, specially designed

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knitted structures are uniquely suitable for high performance applications like reinforcement for composites, medical implants, and geotextiles. This book presents recent advances in knitting technology, including structures, properties and applications of knitted fabrics in modern apparel, activewear, composites, medical textiles, and geotextiles. With reference to the latest industry practice, testing, quality and process control methods for knitting technologies are discussed. Advanced Knitting Technology covers recent advances in knitting technology, properties and performance of knitted structures, their applications in apparel and

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technical fields. Provides detailed and practical instructions for the sustainable production of knitted textiles, including sustainable chemical processing natural dyeing processes, and sustainability analysis methods Draws on the latest research to discuss the future of knitted apparels and high-tech applications of knitted structures as technical textiles Explores the latest applications of AI and machine learning to the knitting process Includes Forward by National Football League Commissioner, Roger Goodell Written by experts in the field, Emergency Management for Sport and Physical Activity is designed to educate non-Athletic Training majors on the ways in

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which to prevent sudden death during sport. Often these non-medical professionals are the first on the scene and must, at times, serve the vital role of first responder and immediately act on behalf of athletes lives. Due to the rigorous training and conditioning programs that are being undertaken by athletes, effective emergency management has become a growing concern. This text includes the recently published positioning statement released by the National Athletic Trainers Association (NATA), which address many of the important topics discussed throughout the book. It goes on to address the associations task force document on Preventing Sudden

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Death During Conditioning Sessions. Key Features: Web-based scenarios are included for each chapter Includes case studies, feature boxes, and emergency action plans First aid methods and techniques are included as an appendix Include position statements put forth by the National Athletic Trainers Association (NATA)"

Now celebrating its 50 years in print, this text has held onto the foundation of its great success, while also being re-invented for today's audience. The focus of this text remains the practical instruction of functional anatomy in order to quickly, and convincingly, guide readers to its use in

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professional performance. This text is filled with modern applications that will show your students the relevance of foundational material to their future careers.

Basketball Sports Medicine and Science

Athletic Taping, Bracing, and Casting

Assessment of Athletic Injuries

Conservative Management of Sports Injuries

A Journey Through Time : the Changing Face of ICSSPE

Objective: To examine how sex, sport, bracing, taping, and session (competition/practice) influence the injury rates of the ankle among high school athletes in the Toledo, OH

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area. Design and Setting: The Athletic Trainers at each high school was contacted every week and asked to report the data from the previous week. The information collected was transferred to a data collection form by the principal investigator and then entered into Excel spreadsheet for processing. The number of the total injuries for each injury category listed on the questionnaire served as the dependant variables, and the independent variables were sport, sex, protection, and session. For each independent variable, we used pure descriptives, and reported the

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number of injuries for each dependant variable/injury category from the survey. Data Source: Athletes ranging from 14 -18 years old participating in the sports of volleyball, football, men's and women's soccer, and men's and women's basketball.

Measurements: The following injuries were monitored:

Grade I lateral and medial ankle sprain, Grade II lateral and medial ankle sprain, Grade III lateral and medial ankle sprain, dislocation, Achilles tendon Grade I, Grade II, and Grade III or rupture, peroneal tendon injuries Grade I, Grade II, and Grade II, and

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fracture, and graded by a certified Athletic Trainer. Results: Football and basketball had higher incidences of lateral ankle sprains grade I than volleyball and soccer, and basketball had more injuries than football. When the total number of ankle/foot injuries was considered for each sport, football had the most injuries. Basketball was next, and then there was a large drop off in the number of injuries in volleyball and soccer. Overall, males had four times more injuries than females when all ankle/foot injuries were combined. There were higher

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numbers of ankle/foot injuries in practice than in competition when all injuries were combined. There was a higher amount of injuries to the foot/ankle in athletes with no protection. Bracing had the next highest amount of injuries, and tape was only slightly lower than bracing. Conclusions: The evidence suggests that football and basketball have higher amounts of injuries, males are injured more than females, competition injuries are more severe than practice injuries, and taping and bracing were better than no protection with taping being slightly better

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than bracing.

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Hall of Famer Rainer Martens has been playing softball for over 45 years. He currently coaches and plays for the Florida Legends—winners of over 80 national championships in the last 20 years. Although many books focus on fastpitch softball, this is the first comprehensive guide for slowpitch softball played by more than 13 million in the U.S. Includes over 200 photos and a 45-minute DVD

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that presents demonstrations of offensive and defensive techniques and tactics.

Original.

This book is designed as a comprehensive educational resource not only for basketball medical caregivers and scientists but for all basketball personnel. Written by a multidisciplinary team of leading experts in their fields, it provides information and guidance on injury prevention, injury management, and rehabilitation for physicians, physical therapists, athletic trainers, rehabilitation specialists, conditioning trainers, and coaches. All

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commonly encountered injuries and a variety of situations and scenarios specific to basketball are covered with the aid of more than 200 color photos and illustrations. Basketball Sports Medicine and Science is published in collaboration with ESSKA and will represent a superb, comprehensive educational resource. It is further hoped that the book will serve as a link between the different disciplines and modalities involved in basketball care, creating a common language and improving communication within the team staff and

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environment.

*Functional Methods for
Application and Fabrication
Orthopedic & Athletic Injury
Examination Handbook
Handbook of Sports Medicine
and Science, Volleyball
A Foundation for Success
Orthopedic Taping, Wrapping,
Bracing, and Padding*

Athletic Training Student Primer: A Foundation for Success, Second Edition is a dynamic text designed to create a foundation for future study in the field of athletic training and prepares students for what they will learn, study, encounter, and achieve during their educational and professional career. An ideal first text for any program, it is the perfect choice for an introductory

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athletic training course. Breaking the mold of other introductory athletic training texts, this Second Edition includes answers to many "real-life" athletic training situations. The text supplements core content with information derived from a diverse group of professionals. These athletic trainers provide insight and advice on preparing for a variety of topics including work environments, ethics in the workplace, professional preparation, maximizing clinical education opportunities, and a successful career. Athletic Training Student Primer, Second Edition by Dr. Andrew P. Winterstein also includes three new chapters on taping and bracing skills, first aid and initial care, and components of

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rehabilitation. Informative boxes and sidebars emphasizing specific concepts and tables utilized to outline muscle actions and innervations for specific regions of the body are included for easy reference throughout. Some additional topics include:

- Diversity
- Employment settings
- Emerging trends
- Educational resources

Further expanding the learning process, included with each new textbook purchase is access to a companion website with a variety of exciting multimedia features such as taping and bracing techniques, interactive anatomy animations, a glossary, flash cards, and quizzes. What else is new in the Second Edition?

- Career information from current athletic training professionals in a variety of

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settings • Increased depth of discussion on specific injury and conditions • Expanded resources and up-to-date information on educational requirements • New case studies and points of historic interest to facilitate student learning

- Additional "injury spotlights" focusing on common injuries • Anatomical drawings • Includes additional on-line material available with new textbook purchase

Athletic Training Student Primer: A Foundation for Success, Second Edition effectively combines the core concepts in athletic training with guidance on the human elements of the profession, providing athletic training students with the core information needed for the first step into a future career in athletic training.

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Core Concepts in Athletic Training and Therapy provides a balanced introduction to the knowledge, skills, and clinical abilities that span the profession of athletic training. Students in athletic training, coaching, or other health care fields will find current information covering the breadth of theory and application of athletic training, including evidence-based practice, prevention and health promotion, clinical examination and diagnosis, acute and emergency care, therapeutic interventions, and health care administration. It also presents advanced topics of pathophysiology and psychological response to sport injury to better prepare students for continued study. Compared to other introductory athletic training texts,

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Core Concepts in Athletic Training and Therapy is the only text that aligns with the newest athletic training education competencies from the National Athletic Trainers' Association (2011). Written by a team of respected athletic training educators with experience at the professional and collegiate levels, the text breaks new ground by condensing key concepts to a comprehensive level while not overwhelming students with content that will be addressed in depth in advanced courses.

Numerous features assist students in learning the fundamentals:

- Each of the six parts opens with a discussion of the competencies that are covered in that part and concludes with a reference list of those competencies by description

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and number, making it easy to monitor the knowledge required. • A companion web resource contains 41 clinical proficiency exercises, carefully chosen to complement the introductory level of the text and align with required educational objectives. The modules may be completed online or printed, and cross-references at the end of each chapter guide students to the appropriate modules to apply the chapter content. • Case studies sprinkled throughout the text demonstrate real-world situations and include critical thinking questions that underscore principles of rehabilitation and exercise. • Full-color photographs depict specific conditions and techniques, giving students an accurate picture of real

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practice. • For instructors, a complete set of ancillaries assists in preparing and presenting lectures, leading class discussion, and planning assignments and assessments. In addition, *Core Concepts in Athletic Training and Therapy* is the first text to offer a complete chapter on evidence-based practice, the newest educational competency required of entry-level athletic trainers by the NATA. The rest of the text introduces general information about life as an athletic trainer, such as training, education, licensure, certification, employment opportunities, and the roles in a sports medicine team. The core of the text then focuses on required knowledge and skills related to injury prevention, injury recognition

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and classification (including region-specific examination strategies, basic objective tests, physical exam strategies, and injury mechanisms), acute care, therapeutic interventions, and the role of pharmaceuticals in the healing process. To round out the text, it addresses health care administration and discusses strategies for the management of athletic training programs. With learning features and a web resource that integrate clinical learning into an introductory course, *Core Concepts in Athletic Training and Therapy* is the essential resource for current and future athletic trainers. Long after its first use, it will prove a valuable reference for athletic training students as they progress through

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the curriculum, prepare for certification, and begin careers in the profession. Core Concepts in Athletic Training and Therapy is part of Human Kinetics' Athletic Training Education Series.

Featuring the work of respected authorities in athletic training, this collection of outstanding textbooks, each with its own supporting instructional resources, parallels and expounds on the content areas in the accreditation standards of the NATA Education Council.

The premier text for athletic taping and bracing is back in a stunning fourth edition. Newly expanded to cover casting techniques, Athletic Taping, Bracing, and Casting, Fourth Edition With Web Resource, continues to set itself apart from the pack with superior photos and

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illustrations, precise step-by-step instructions, and pinpoint focus on the techniques that athletic trainers and therapists are most likely to apply in clinical practice. Author Ian McLeod joins veteran author David Perrin in this fourth edition to lend further expertise in the application guidelines and precautions for casting and splinting. Additional enhancements include the following:

- A new web resource featuring 56 competency testing checklists that detail the steps required to show competency
- Online video with demonstrations of proper technique, including six clips dedicated to casting
- Twenty new casting and splinting techniques for Achilles tendon ruptures and common fractures of the foot, ankle, elbow, wrist, and

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hand • Information about the importance of evidence-based practice for the techniques, presented by special contributor Carrie Docherty Athletic Taping, Bracing, and Casting, Fourth Edition, features more than 650 full-color illustrations and photos demonstrating the most frequently applied procedures in clinical practice, some of which are broken down into as many as 16 steps. The book follows a systematic approach for each major joint and body region, covering traditional taping as well as rigid strap taping, elastic kinesiology taping, and techniques for immobilization with casting and splinting. The photos that depict taping sequences feature tape with darkened edges that enable readers to distinguish the layers and

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patterns of the tape applied in each step, providing invaluable visual aids for both students and professionals. In addition, icons in the text will indicate when a technique is also demonstrated in the companion online video. With its concise anatomical descriptions and detailed anatomical illustrations similar to those normally found in advanced texts on anatomy, Athletic Taping, Bracing, and Casting clearly highlights the mechanisms of injury that are crucial for understanding effective taping, bracing, and casting. To further support the practice, the book also presents basic stretching and strengthening exercises for injury rehabilitation. These exercises are illustrated for each body part and can be used in

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conjunction with the taping, bracing, and casting techniques to prevent injury and help rehabilitated patients maintain strength and flexibility and safely return to play. The clear instructional guidance and robust visual support offered in *Athletic Taping, Bracing, and Casting, Fourth Edition*, will allow both future and current athletic trainers to build proficiency—and then mastery—of the performance of these techniques.

This new Study Guide for Athletic Training students provides a framework to begin certification examination preparation. Students will use this to focus their study as a part of a preparation program. The outline format allows students to look over chapters at a glance to determine potential deficiencies in

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recall. The text mimics the current Board of Certification (BOC) examination format and focuses exclusively on the 12 NATA Educational Competencies as the framework. The text also offers the reader a concise look at anatomy and physiology with many tables and pictures for the visual learner. The book is the only BOC examination preparation guide that includes content with the 2000+ questions. An accompanying interactive DVD-ROM includes videos, animations, images, interactive quizzes, labeling exercises, supplemental content, and more.

Athletic Training Student Primer
Orthotics, Prosthetics, & Mobility
Aids

Acute and Emergency Care in

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Athletic Training

The Athlete's Shoulder E-Book

Taping, Wrapping, and Bracing for Athletic Trainers

Injury Susceptibility in Sport

consists of a series of essays examining the injury epidemic in American sports. Beginning with “ Its all connected ” and “ Its all connected: Part II myths about injury susceptibility of female athletes are debunked leading up to the next eight essays covering the proliferation Achilles tendon ruptures in the NFL and NBA and various other lower extremities. A unique and radical method/theory of “ reverse engineering ” is proposed beginning in Part III, to determine etiology of injury

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susceptibility in American sport. Root causes of many lower extremity injuries emanate from strength and conditioning methodology, athletic trainers (taping & bracing of joints) physical therapists, doctors and assorted medicaments: “ It should be emphasized such a simple assertion that strength and conditioning exercise techniques can predispose one to injury; must be inclusive the influences of the medical community, the academic community, the athletic training and physical therapy professions exert in the training room and on the athletic field. ” “ Inhibiting or otherwise tampering with this natural, reactive protective

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mechanism can create conditions, for a probable outcome; where taped feet, ankles and knees and/or otherwise trained to restrict range of motion, suffer disproportionate injury rates in sports with less stress on the joints than a maximum strain sport like weightlifting. ” The final two essays “ Why Safe is Unsafe ” and injuries in the NBA are further corroboration of the correctness of the “ Reverse Engineering ” theory presented in the previous six essays. Several of the essays in this section have been published in the Science journal of the European Weightlifting Federation (www.ewf.com).

This DVD provides detailed

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demonstrations of all strap taping applications.

What are the needs of my patient?

Which technique should I apply based on the injury/condition?

How effective is this technique?

Master the art and science of taping, wrapping, bracing, and padding techniques for the prevention, treatment, and rehabilitation of common injuries and conditions. Step by step, the author details multiple methods for each injury/condition—not just the most popular approach.

You ' ll learn which technique to use and how to analyze the effectiveness of the technique. Full-color photographs give you a clear understanding of each step.

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Insightful discussions based on the best available evidence develop the knowledge, skills, and clinical abilities you need to meet the needs of the patient.

Tap into easy-to-follow, step-by-step guidance on the evaluation and initial management of specific orthopedic and athletic injuries with the companion to Examination of Orthopedic and Athletic Injuries, 4th edition. From evaluative procedures for palpation and range of motion through neurologic, ligamentous, and special tests, everything you need now in the lab, and later in the field or in the clinic, is here. It ' s a terrific preparation tool for the BOC examination, too.

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An Illustrated Guide To Taping Techniques

Brunnstrom's Clinical Kinesiology
Preventing Sudden Death in Sport and Physical Activity