

Acces PDF

Clinical Sports

Medicine Soft

*Clinical Sports*

*Medicine Soft*

*Tissue*

*Therapy*

***Written by***

***primary care***

***sports medicine***

***physicians, The***

***Sports Medicine***

***Resource Manual***

***is the one***

Acces PDF  
Clinical Sports  
Medicine Soft  
Tissue Therapy

***musculoskeletal  
textbook that is  
ideally suited for  
family medicine  
and sports  
medicine  
providers.***

***Chapters on  
physical exam  
and diagnosis are  
carefully  
integrated with  
sections on  
rehabilitation***

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***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,***

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Tissue Therapy

***sports medicine  
physicians,  
orthopedists,  
emergency  
medicine  
physicians,  
physical  
therapists,  
pediatricians,  
team physicians,  
athletic trainers,  
and others share  
their expertise  
on everything***

Acces PDF  
Clinical Sports  
Medicine Soft  
Tissue Therapy

***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***

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Clinical Sports  
Medicine Soft

***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***

Acces PDF  
Clinical Sports  
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**musculoskeletal  
Tissue Therapy  
medicine.**

***Features expert  
guidance from  
multiple medical  
disciplines,  
providing you  
with well-  
rounded  
coverage from  
various  
perspectives.  
Includes  
evidence-based***

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***guidelines and ratings, wherever available, ensuring you have the best clinical knowledge to deliver the best possible outcomes.***

***Emphasizes rehabilitation of soft tissue injury, fracture***



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*management,*  
Tissue Therapy  
*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 reference***

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***a snap.***

***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***

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***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***

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***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***

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***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***

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***joint. This  
edition includes:  
Substantially  
revised chapters  
Extended  
evidence-based  
commentaries  
underpinning  
indications and  
contraindications  
to treatment of  
spinal lesions  
Expanded  
critique of the***

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***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***



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Tissue Therapy

***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***

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***practitioners,  
physiotherapists  
and other allied  
health***

***professionals,  
including  
podiatrists and  
osteopaths. It is  
essential  
reading.***

***Accompanying  
CD-ROM  
contains ...***

***"convenient***

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Tissue Therapy

***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.***

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**[4] of cover.**

**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***

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***include musculoskeletal injuries, the role of nutrition and psychology in sports performance, and care of the sporting team. An Integrated Approach Postsurgical Orthopedic Sports***

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***Rehabilitation  
Knee & Shoulder  
The Sports  
Medicine  
Resource Manual***

***Sports-related  
Fractures,  
Dislocations and  
Trauma***

**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**

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**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.**

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**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**

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**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**

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Tissue Therapy

**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**

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**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 repaces  
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.**

**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. This text provides an easy-to-read introduction to the basic principles of**

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**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: ·**

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**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. 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**



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**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**

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**medicine for specific  
groups (5 chapters) \***

**Performance and  
ethics (5 chapters) \***

**Practical sports  
medicine (3 chapters)**

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

**Advanced On- and Off-  
field Management**

**Athletic Training and**

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**Sports Medicine  
Pain Management**

**VALUE PACK**

**CLINICAL SPORTS  
MEDICINE 5E - VOL  
1 And 2**

**Surgical Techniques in  
Sports Medicine**  
Textbook of Remedial  
Massage 2e is a  
comprehensive and  
practical book for  
students and

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Tissue Therapy

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.

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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

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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

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treatment techniques that are specific to the target tissue.

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

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and informed c  
Clinical Sports  
Medicine McGraw-Hill  
Professional Publishing  
Primary care  
practitioners are often  
the first medical  
professionals to see  
patients after an injury,  
making it critical for  
them to stay up to date  
on the latest  
developments in sports



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medicine.

Musculoskeletal and Sports Medicine for the Primary Care Practitioner contains 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

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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 sections on pro-inflammatory treatments, field-side

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acupuncture, and brief  
musculoskeletal  
ultrasound as well as a  
new chapter on  
wellness and video  
illustrations of  
important  
musculoskeletal  
maneuvers at [www.crcpress.com/9781482220117](http://www.crcpress.com/9781482220117). The book follows  
the Strength of  
Recommendation

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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

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musculoskeletal maneuvers used in sports medicine. As exercise and sports move beyond the realm of leisurely activity to a necessary component of good health, this book has become an important resource for all those involved in sports medicine.

Managing Sports

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Injuries e-book

Physical Therapies in

Sport and Exercise

Textbook of Remedial

Massage

Key Topics in Sports

Medicine

Rehabilitation of Sports

Injuries

Sports and Soft Tissue

Injuries

To request a free

30-day online trial to

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this product, visit [www.sagepub.com/freetrial](http://www.sagepub.com/freetrial)

Tissue Therapy

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

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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



# Acces PDF Clinical Sports Medicine Soft Tissue Therapy

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-

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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,

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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 ·

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Tissue Therapy  
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

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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 .

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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

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Sports Medicine ·  
Sports Psychology ·

Sports-Specific  
Injuries · Women and  
Sports

This text focuses on  
the integration of  
immediate  
management,  
diagnosis, surgical  
and nonsurgical  
management, and  
rehabilitation of  
common orthopedic

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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-



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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

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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

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Tissue Therapy  
clinical diagnostic  
skills, basic principles  
of acute injury  
management,  
therapeutic  
modalities, and  
therapeutic exercise.  
Rehabilitation is, by  
definition, the  
restoration of optimal  
formand function for  
an athlete. In this  
edition in  
theEncyclopedia

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series, 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,

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surgery. The rehabilitative process is therefore managed by a multi-disciplinary team, including physicians, physiotherapists, psychologists, nutritionists, and athletic trainers, amongst others. This book considers the three phases of rehabilitation: pain relief, protection

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of the affected area  
and limitation of  
tissuedamage;  
limitation of  
impairment and  
recovery of  
flexibility, strength,  
endurance, balance  
and co-ordination;  
and finally the start of  
conditioning to return  
to training and  
competition.

Providing

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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

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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



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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

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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

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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

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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

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in understanding the  
needs of the  
determined  
individuals who  
participate in  
endurance sports.

The Soft Tissues  
Injuries, Fifth Edition  
Clinical Case Studies  
in Physiotherapy E-  
Book  
Rehabilitation  
Techniques in Sports  
Medicine

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A Comprehensive  
Review

Endurance Sports  
Medicine

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

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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.

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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.



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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

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most current  
Tissue Therapy  
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

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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

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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.

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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

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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. In an accessible and easy-to-follow

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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. This guide to the

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management of  
Tissue Therapy  
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



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for rehabilitating a  
Tissue Therapy  
wide variety of  
athletic injuries.

This exciting, user-  
friendly text covers  
everything sports  
medicine and  
emergency  
clinicians need to  
know when  
encountering sports-  
related injuries and  
trauma, whether on

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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

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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

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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

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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

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and hockey to swimming, sailing and triathalon.

Throughout, copious figures, photographs and tables enhance and advance the content for a complete, well-rounded examination of the field.

Comprehensive but

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Tissue Therapy  
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

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the field and in the office.

Anatomy for  
problem solving in  
sports medicine:  
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*The field of  
sports medicine  
is evolving,  
accelerated by  
emerging  
technologies and  
changing health  
care policies. To*

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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*

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*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*

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*editors and  
authors include  
orthopedic  
surgeons, family  
physicians,  
pediatricians,  
internal medicine  
specialists,  
physiatrists,  
certified athletic  
trainers, physical  
therapists,  
psychologists,*

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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

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*sections address  
general*

*considerations,  
evaluation of the  
injured athlete,  
medical  
problems,  
musculoskeletal  
problems,  
principles of  
rehabilitation,  
sports-specific  
populations, and*

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*special  
populations.\**

*Comprehensive  
coverage  
includes all topic  
areas featured on  
sports medicine  
subspecialty  
board exams.\**

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bulleted format  
makes essential  
facts simple to*

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*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*



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rationale for  
correct and  
incorrect  
responses--a  
great way to test  
your knowledge  
and improve your  
exam  
performance!  
This text provides  
a comprehensive,  
practical,*

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*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.*

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*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*

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*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*

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*from diagnosis  
and treatment to  
rehabilitation and  
prevention of  
injuries. Practical  
and relevant.*

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numerous real  
world case  
studies and  
sample  
rehabilitation  
programmes to*

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*show how to  
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in practice.*

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information for  
the treatment of  
athletes at the  
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beyond. The  
information you  
need to care for  
your athletes on  
and off the field.  
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caring for  
athletes at all  
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more than 50  
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site preparation,  
including staff  
and equipment  
needs • Initial*

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*Evaluation and  
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management and  
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*considerations •*

*Return to play •*

*Injuries by*

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or specific*

*condition Simple*

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*understanding,*

*and text and*

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injuries, focusing  
on therapy. Well  
referenced and*

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therapists,  
medical  
practitioners, and  
all those involved  
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of athletes and*

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techniques*

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basic*

*examination  
protocols*

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enhancing  
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do" approach  
enabling  
application of  
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techniques for  
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and complex sports  
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extremities. Noted  
experts who have  
developed or perfected  
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procedures such as  
foot examination, hip  
injections and basic  
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**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**

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**previously Head of  
Sports Medicine and  
Sports Science at the  
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Club in the UK. Peter  
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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-**

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the diagnosis,  
treatment, and

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rehabilitation of  
soft tissue injuries.

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first offers  
information on the  
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tissue injury and  
the anatomy of  
soft tissues.

Discussions focus  
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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.

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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

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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;  
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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

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rehabilitation  
therapy in their  
practice.

Imaging plays an  
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role in the  
management of

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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

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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

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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



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musculoskeletal  
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chapters which  
provide an  
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clinical overview  
of the most  
relevant joint,  
bone and soft  
tissue athletic  
injuries. There is

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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

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as the premature  
degenerative  
processes that  
occur in athletes.  
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imaging  
techniques and  
findings are  
presented  
including the use  
of muscu- skeletal  
ultrasound,  
conventional MR

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imaging and MR  
arthrography.

Therapeutic ima-  
guided  
intervention using  
fluoroscopy, CT,  
and ultrasound is  
also discussed.  
This balance of  
techniques should  
allow a clinician  
whose practice  
focuses on one

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particular modality  
to become aware  
not only of that  
technique's  
abilities but other  
modalities and  
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Robinson vii

Contents 1 Knee

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(including  
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Essential

Radiology for

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a guide for

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clinicians

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A Clinical Guide  
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

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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

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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



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appropriate  
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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.  
The fifth edition of the  
retitled Sports and  
Soft Tissue Injuries

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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

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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

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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

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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

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science or kinesiology students with an interest in sports injury, and a crucial reference for practising physiotherapists and athletic trainers and the related disciplines. This authoritative reference, the Sixth Edition of an internationally acclaimed bestseller,

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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,

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and alternative  
approaches and  
discusses the pain of



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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

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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.

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