

Handbook Of Sports Medicine And Science Sports Injury

This new volume in the Handbook of Sports Medicine and Science series, published in conjunction with the Medical Commission of the International Olympic Committee, offers comprehensive and practical guidance on the training and medical care of competitive gymnasts. Written and edited by leading trainers, team doctors, coaches and other professionals with unparalleled experience in elite gymnastics, this book covers all the key aspects of caring for gymnasts, minimizing the unique risks these athletes face, and treating injuries when they happen. The book is organized into 4 sections covering: The evolution of gymnastics Growth and development Training and performance Sports medicine Individual chapters cover key topics such as energy needs and body weight management; biomechanics; psychology; the epidemiology of gymnastic injuries; treatment and rehabilitation of common injuries; injury prevention; and more. Endorsed by the International Gymnastics Federation (FIG), no other book offers such an in-depth look at the unique considerations and challenges that affect the growth, performance, training, and medical care of athletes in this demanding sport.

Handbook of Sports Therapy Services: Organization and Operations is a practical guide, appropriate for each member of the multi-disciplinary "Sports Therapy" team, to establishing and effectively delivering the diverse therapy services required for athletes at international, national, and regional sporting events.

Handbook of Neurological Sports Medicine: Concussion and Other Nervous System Injuries in the Athlete presents techniques for diagnosis and treatment of head-related injuries to enable medical professionals to provide the best care possible. Authored by a respected team of neurosurgeons, including highly regarded concussion researcher Julian Bailes, this evidence-based reference offers expert guidelines for managing these serious injuries. A strong focus is placed on concussion due to the risk involved with this common injury. The text outlines how to recognize, assess, and treat concussions, preparing practitioners to calmly respond to athletes who are exhibiting signs of this dangerous condition. It also reviews the biomechanics and pathophysiology at the core of concussions to better understand their clinical presentations. Critical return-to-play guidelines and participation recommendations for patients with preexisting neurological conditions or structural lesions arm medical professionals with the principles needed for making appropriate decisions for athletes' safety. The text explains the roles of pharmacological management, natural treatment approaches, rehabilitation strategies, and education. In addition, chapters provide coverage of postconcussion syndrome, subconcussion, and second-impact syndrome. Handbook of Neurological Sports Medicine also takes a look at other traumatic injuries, including injuries to the cervical, thoracic, and lumbar spine, and the soft tissue and fascia within the spinal unit. It provides an overview of peripheral nervous system injuries to ensure medical professionals understand those serious and potentially career-ending issues, reviews facets of optimal response with suspected or proven spinal injury, and discusses the evaluation and management of athletes with non-concussion-related headaches and heat illness or heatstroke. The text includes additional features to address issues surrounding critical injuries: • Guidance on developing an action plan for athletic events prepares first responders for emergency situations. • A review of cases of interest provides examples of situations that can—and do—occur. • Medicolegal considerations educate practitioners about negligence, standard of care, and proximate cause. • More than 150 photos and illustrations offer visual support to further explain the injuries. The evaluation and management of sport-related neurological injuries have matured at an unprecedented rate. Handbook of Neurological Sports Medicine is a critical resource for all who encounter and treat neurological injuries, providing the foundation for the clinical decisions that all athletic medical practitioners must make to give their patients the best treatment possible. Continuing education credits and units may also be earned based on the subject matter in this book. Explore online CE course options in Human Kinetics' Continuing Education store.

Handbook of Sports Medicine and Science, Sports Nutrition John Wiley & Sons

This title in the acclaimed Handbook of Sports Medicine and Sports Science provides a clearly presented 'one-stop' source of information on all aspects of the sport. The nutritional and training strategies in the book are aimed at improving a runner's performance, while the section on the medical care of the runner will help prevent injuries and aid in the correct diagnosis and management of basic athletic trauma. The text contains contributions from a team of world leaders in their respective fields to provide a truly international perspective on this sporting specialty.

A high-quality complement to the handbooks on particular sports, the handbook on Strength Training for Sport presents both the basic concepts and theoretical background for sports-specific strength training as well as the practical consideration in designing the overall program. Separate chapters deal with periodization, gender differences, detraining, and over training. Sample programs are presented for soccer, volleyball, wrestling, endurance running, swimming, and shot put and discus.

This book in the series of Olympic Handbooks of Sports Medicine and Science which runs in parallel with the Encyclopaedia of Sports Medicine. This is a practical manual which focuses on Alpine Skiing and brings basic scientific information and practical considerations to those who are directly involved in competitive sports. Chapters cover the characteristics of alpine skiing, functional anatomy, physiology, biochemistry, biomechanics and psychology, the principles and aims of nutrition and injury including risks, mechanisms of injury, prevention, immediate care, treatment, rehabilitation and return to training.

The fourth volume in this acclaimed series, Road Cycling concentrates on the techniques of conditioning, road cycling biomechanics, nutrition and hydration, trauma, and the various medical problems encountered by the competitive road cyclist. Edited by two of the world's leading authorities, this new book draws together expertise from contributors from The Netherlands, Italy, and the United States to present an authoritative reference for all those actively involved in the sport.

Fully revised and updated, with a new section on the older patient and expanded advice on physiotherapy and rehabilitation programmes, this handbook is an indispensable companion for any professional working in sport and exercise medicine.

A new volume in the Handbook of Sports Medicine and Science series from the International Olympic Committee, this volume Canoeing provides an accessible and comprehensive summary of the topic. Provides a concise, authoritative overview of the science, medicine and psycho-social aspects of canoeing Offers guidance on medical aspects unique to the training and coaching of canoe athletes The only book on this subject endorsed by the Medical Commission of the International Olympic Committee (IOC) and the International Canoe Federation (ICF) Written and edited by global thought leaders in sports medicine

The perfect on-site reference for the entire spectrum of winter sports! Emphasizing treatment and prevention, this quick reference for clinicians involved in all aspects of winter sports medicine including the history, biomechanics and physiology of each sport.

Features a comprehensive table in the beginning of the book, which includes all the pertinent information needed to quickly evaluate a patient.

This addition to the Handbook series will allow the tennis coach, athlete, and medical professional responsible for their care to improve technique, training and performance, and to reduce the risk of injury. When injury does occur, Tennis will aid quick accurate diagnosis and treatment, and effective rehabilitation so that the tennis player can return to peak performance with the minimum of fuss.

This new International Olympic Committee (IOC) handbook covers the science, medicine and psycho-social aspects of females in sports at all levels of competition. Each chapter focuses on the specific issues that female athletes confront both on and off the field, such as bone health, nutritional recommendations, exercise/competition during menstruation and pregnancy, and much more. Fully endorsed by the IOC and drawing upon the experience of an international team of expert contributors, no other publication deals with the topic in such a concise and complete manner. The Female Athlete is recommended for all health care providers for women and girl athletes internationally for all sports and all levels of competition. It is a valuable resource for medical doctors, physical and occupational therapists, nutritionists, and sports scientists as well as coaches, personal trainers and athletes.

Designed for the athletic trainer and sports therapist, Rehabilitation Techniques in Sports Medicine is the definitive guide to the management of sports injuries. Experts from the field of sports medicine have contributed to this comprehensive, updated edition, which addresses all aspects of rehabilitation, including protocols for rehabilitating the wide variety of injuries athletes are prone to receive. Pros and cons of various rehabilitative modalities are discussed, as well as currently accepted techniques. This text is recognized as a handbook for any practitioners who manage rehabilitation programs for injured athletes.

Soccer has been written primarily for team trainers, coaches and athletes involved in the game, but should also be of interest to doctors and other health professionals involved in the treatment of soccer players. The coverage is comprehensive, with chapters on every aspect of the game from tactics to nutrition, and from the history of soccer to injury treatment and prevention. Special chapters deal with the female soccer player, the referee, and the goalkeeper and the role of the team physician.

Introduces readers to sports medicine and explains what we can do to prevent or recover from sports injuries--of body or mind. --from publisher description

This volume in the Handbook of Sports Medicine and Science series presents a concise summary of the science and practice of psychology in the context of sport. Psychological aspects central to sport performance such as motivation, cognition, stress, confidence, and mental preparation are examined and interventions designed to enhance individual and team performance are reviewed. Reflecting the breadth of the field, issues such as sport injury prevention and rehabilitation, athlete psychopathology, child and adolescent development, sport career termination, and the practice of sport psychology are also addressed. Published under the auspices of the Medical Commission of the International Olympic Committee, Sport Psychology shows how the performance and the overall well-being of athletes can be improved by highlighting research findings and their practical application. With contributions from internationally renowned experts and useful case studies in each chapter, this handbook is an essential resource for medical doctors who serve athletes and sports teams and an invaluable reference for all students of sport psychology.

This brand new Handbook addresses Paralympic sports and athletes, providing practical information on the medical issues, biological factors in the performance of the sports and physical conditioning. The book begins with a comprehensive introduction of the Paralympic athlete, followed by discipline-specific reviews from leading authorities in disability sport science, each covering the biomechanics, physiology, medicine, philosophy, sociology and psychology of the discipline. The Paralympic Athlete also addresses recent assessment and training tools to enhance the performance of athletes, particularly useful for trainers and coaches, and examples of best practice on athletes' scientific counseling are also presented. This new title sits in a series of specialist reference volumes, ideal for the use of professionals working directly with competitive athletes.

Written by leading American practitioners, the Oxford American Handbooks of Medicine each offer a pocket-sized overview of an entire specialty, featuring instant access to guidance on the conditions that are most likely to be encountered. Precise and prescriptive, the handbooks offer up-to-date advice on examination, investigations, common procedures, and in-patient care. These books will be invaluable resources for residents and students, as well as a useful reference for practitioners. The Oxford American Handbook of Sports Medicine brings together the common problems and diagnoses of sports medicine into a focused summary of the latest strategies, management plans, and evidence-based protocols. Its quick, accessible overview in a portable format will make it ideal for use on the sidelines and in the clinic by physicians working with both professional and amateur athletes and teams. Plus, primary care and orthopedic students, residents, and fellows will find it a dependable, practical guide during sports medicine rotations and clerkships as well as a good review tool for in-training exams. Extensively illustrated, compact and comprehensive, the full range of the specialty is covered including sections on sports psychology, imaging and procedures, as well as issues specific to women athletes and pediatric patients. Why choose the Oxford American Handbook of Sports Medicine? The design.... The Handbook uses a unique flexicover design that's durable and practical. Compact, light, and fits in your pocket! Also has quick reference tabs, four-color presentation, and bookmark ribbons to help provide fast answers. The interior layout.... The Handbook is a quick reference in a small, innovative package. With one to two topics per page, it provides easy access and the emergency sections are in red to stand out. Icons throughout aid quick reference. The information.... The Handbook succinctly covers all the essential topics in a one or two-page spread format with colored headings that break up the text and provide a logical structure for readers of all levels. Common clinical questions are answered clearly and extensively. The history.... Oxford University Press is known around the world for excellence, tradition, and innovation. These handbooks are among the best selling in the world. The price.... You get an extremely useful tool at a great value!

Sports Nutrition, which focuses on the importance of proper nutritional preparation for athletes, provides a practical supplement to Nutrition in Sport. It provides an essential reference on all aspects of sports nutrition for the team coach, athletic trainer, physical therapist and allied health-related professional working with athletes and sports teams, and the knowledgeable athlete.

