

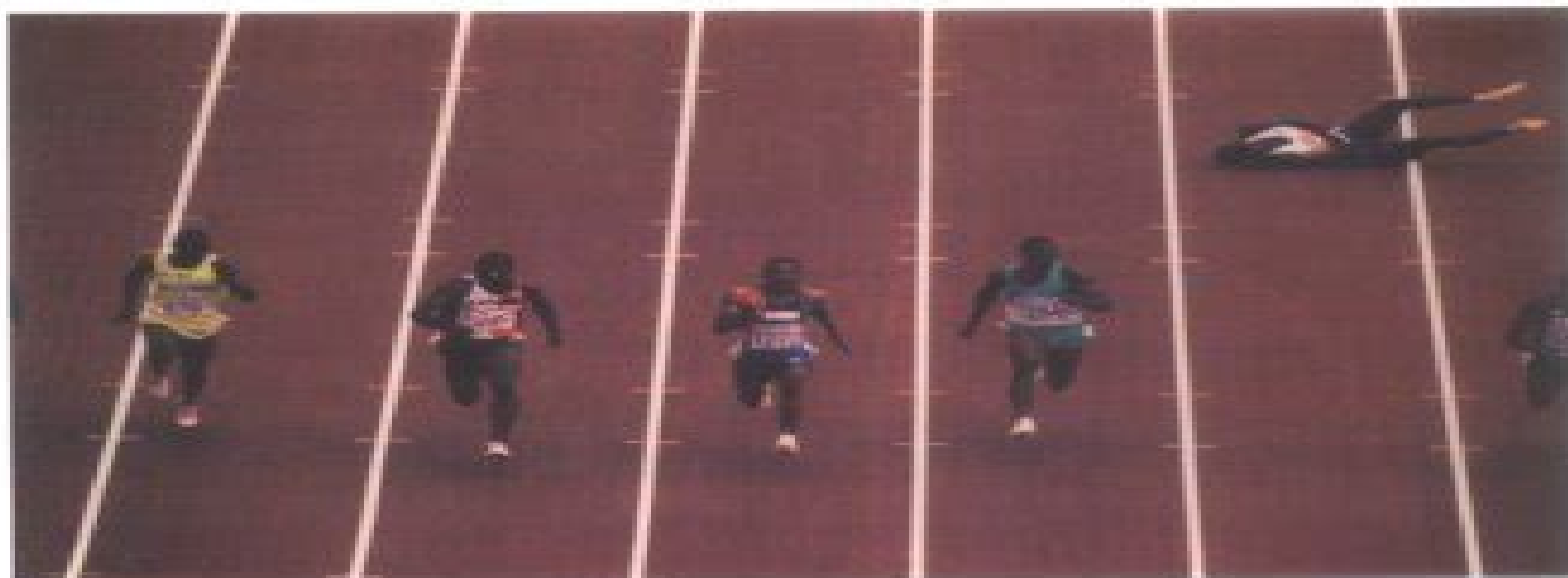
SPORTS INJURIES

Basic principles of prevention and care

EDITED BY P. A. F. H. RENSTRÖM



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IN COLLABORATION WITH THE
INTERNATIONAL FEDERATION OF SPORTS MEDICINE



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The Psychology of Sport Injury and Rehabilitation Monna Arvinen-Barrow, Damien Clement, 2024-01-22 Written by internationally known experts The Psychology of Sport Injury and Rehabilitation draws on the latest research in sport psychology and sports medicine Using case studies to augment the reader's experience this new edition emphasizes the importance of a holistic interprofessional approach to sport injury management and care By doing so the book provides injured individuals their families and healthcare professionals a thorough overview of how psychology plays a role in sport injury prevention rehabilitation and return to participation process Athletes routinely use psychological skills and interventions for performance enhancement but perhaps surprisingly not always to assist in recovery from injury This book demonstrates the ways in which athletes and practitioners can transfer psychological skills to an injury and rehabilitation setting to enhance recovery and the well being of the athlete Psychology of injury is an integral part of sport injury prevention rehabilitation and return to participation process The second edition of The Psychology of Sport Injury and Rehabilitation is a comprehensive text grounded in biopsychosocial theory and scientific evidence The fully revised second edition is an important resource for students academic scholars and applied practitioners working in sport psychology sports medicine sports coaching and other related healthcare professions *Children and Exercise XXVII* Craig Williams, Neil Armstrong, 2011-02-27 Children and Exercise XXVII presents the latest scientific research into paediatric sport and exercise science and medicine including contributions from a wide range of leading international experts and early career researchers The book begins with chapters devoted to the five invited keynote lectures followed by forty two of the peer reviewed presentations which are arranged into five thematic sections addressing exercise physiology physical activity and health exercise and medicine testing and performance young athlete and sports participation The forty seven chapters offer a review of current topics and ongoing research in paediatric sport and exercise science and medicine The book is therefore a key text for all researchers lecturers paediatricians health professionals and students with an interest in the exercising child in health and disease

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