

THIRD EDITION

# SPORTS MEDICINE

Study Guide and Review for Boards

MARK A. HARRAST . JONATHAN T. FINNOFF



# **Sports Medicine Board Review**

Richard B. Birrer, Francis G. O'Connor, Shawn F. Kane

#### **Sports Medicine Board Review:**

Sports Medicine, Second Edition Jonathan T. Finnoff, Mark A. Harrast, 2016-08-09 Now in its second edition Sports Medicine Study Guide and Review for Boards is the leading comprehensive review text surveying the breadth of nonsurgical sports medicine Covering topics pertinent to and found on the Sports Medicine board examination the book is intended as a primary studytool for candidates preparing for the exam or recertification All of the subject areas tested on the boards are represented including basic science and general procedures health promotion and preventive interventions emergency assessment and care and diagnosis management and treatment of the full range of sports related injuries and conditions Theeditors have used the exam content outline as a blueprint for organizing the book so the space allotted to each chapter reflects the corresponding emphasisof the topic on the exam For the Second Edition all chapters have been completely revised and updated to reflect the latest information and practice guidelines A newsection devoted to Hot Topics features new chapters on regenerative medicine and sports ultrasound two rapidly expanding areas This edition also contains a practice test with over 250 questions to help candidates identify knowledge gaps and fine tune test taking skills prior to the examination This proven resource for board review program or practical use provides the concise high yield facts that residents fellows trainees and cliniciansin any discipline need to supplement their training in non operative sports medicine Key Features Written in outline format for easy access to pertinent information Provides a comprehensive review of all topics covered on the Sports Medicine Board examination Editors and contributors are renowned experts and teachers in the field of sports medicine and relevant medical and surgical specialties Includes more than 100 figures and tables to illustrate key points and enhance learning New practice test assesses clinical knowledge and assists with final preparation for boards MOC or in training exams Sports Medicine Mark A Harrast, MD, Jonathan T Finnoff, Do, 2021-11-28 Now in its third edition Sports Medicine Study Guide and Review for Boards continues as the leading review text offering a focused survey of non surgical sports medicine topics Updated throughout to reflect current sports science protocols and practice this book covers all topics related to and found on the Sports Medicine board examination Written in outline format for targeted review the book serves as a primary study tool for candidates preparing for initial certification or recertification as well as those wanting to supplement their training in sports medicine Organized according to the exam blueprint with topics weighted to reflect their emphasis on the test sections cover all subject areas found on the boards including basic science and general procedures health promotion and preventative aspects emergency assessment and care and diagnosis management and treatment for the full range of sports related injuries and conditions A final sub section on emerging topics in the field includes chapters on regenerative medicine sports ultrasound and a newly added chapter on exercise as medicine The book also contains a practice test of over 260 questions new to this edition with answer key and detailed rationales for candidates to assess clinical knowledge and assist with final preparation for boards Loaded with high yield facts throughout this proven

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Doody's Review Service 4 stars Now in its third edition Sports Medicine Study Guide and Review for Boards continues as the leading review text offering a focused survey of non surgical sports medicine topics Updated throughout to reflect current sports science protocols and practice this book covers all topics related to and found on the Sports Medicine CAQ examination Written in outline format for targeted review the book serves as a primary study tool for candidates preparing for initial certification or recertification as well as those wanting to supplement their training in sports medicine Organized according to the exam blueprint with topics weighted to reflect their emphasis on the test sections cover all subject areas found on the boards including basic science and general procedures health promotion and preventative aspects emergency assessment and care and diagnosis management and treatment for the full range of sports related injuries and conditions A final sub section on emerging topics in the field includes chapters on regenerative medicine sports ultrasound and a newly added chapter on exercise as medicine The book also contains a practice test of over 260 questions new to this edition with an answer key and detailed rationales for candidates to assess clinical knowledge and assist with final preparation for boards Loaded with high yield facts throughout this proven resource is fit for any student trainee or clinician preparing for boards MOC or in training exams Key Features Offers comprehensive coverage of all topics tested on the Sports Medicine CAQ examination Encourages targeted review through easy to read outline format Illustrates key points with over 100 figures and tables for enhanced learning Contains full practice test with 260 questions answers and explanations Purchase includes digital access for use on most mobile devices or computers Sex Differences in Sports Medicine Ellen Casey, Monica Rho, Joel Press, 2016-05-28 This is the first book dedicated to the musculoskeletal physiological hormonal and other differences between the sexes as they manifest in sports medicine Organized anatomically from head to toe this unique reference focuses on the sex specific differences of men and women to inform clinical care and the management of common sports injuries Other chapters cover nutrition hormones concussion pain sports cardiology and pulmonology and the particular care of adolescent and geriatric patients The editors have assembled a world class team of specialists to collaborate on each chapter and specially commissioned illustrations and tables help visualize the data and findings While some books focus on the female athlete as a discrete category this book discusses how the many physical stresses of athletics affect both sexes based on the inherent biological differences The goal is to foster a more comprehensive understanding of the latest research and practice in sports medicine as it applies to all patients As the field of sports medicine has grown exponentially over the last few decades this book will serve as an essential resource for physicians trainers coaches and anyone involved in athletics and medicine Key Features Provides an evidence based review of how sex differences affect the risk of injury presentation and clinical course of sports related injuries Anatomically based chapters highlight differences in static structures dynamic movement and pathology between the sexes Authors summarize key differences at the end of each chapter Includes special chapters on running and throwing sports cardiology sports pulmonology nutrition and unique

athlete populations ACSM's Sports Medicine Francis G. O'Connor,2012-09-10 The field of sports medicine is evolving accelerated by emerging technologies and changing health care policies To stay up to speed 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 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 editors and authors include orthopedic surgeons family physicians pediatricians internal medicine specialists physiatrists certified athletic trainers physical therapists psychologists 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 sections address general considerations evaluation of the injured athlete medical problems musculoskeletal problems principles of rehabilitation sports specific populations and special populations Comprehensive coverage includes all topic areas featured on sports medicine subspecialty board exams Easy access bulleted format makes essential facts simple to 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 questions with rationale for correct and incorrect responses a great way to test your knowledge and improve your exam performance

ACSM's Primary Care Sports Medicine Douglas McKeag, James L. Moeller, 2007 Written and edited by internationally known experts in primary care sports medicine this book is the most comprehensive sports medicine reference geared to primary care practitioners It is the ideal text for physicians studying for the Certificate of Added Qualifications in Sports Medicine that is now offered in many disciplines including family practice internal medicine emergency medicine pediatrics physical medicine and rehabilitation and osteopathic medicine This revised and updated Second Edition is published in association with the American College of Sports Medicine and includes more practical information The new more user friendly format features numerous illustrations charts and tables including full color illustrations Operative Techniques in Sports Medicine Surgery Mark D. Miller, 2021-06-29 Derived from Sam W Wiesel and Todd J Albert's four volume Operative Techniques in Orthopaedic Surgery this single volume resource contains a comprehensive authoritative review of operative techniques in sports medicine surgery In one convenient place you ll find the entire Sports Medicine section as well as relevant chapters from the Adult Reconstruction Foot and Ankle Pediatrics Shoulder and Elbow and Trauma sections of Operative Techniques in Orthopaedic Surgery Superb full color illustrations and step by step explanations help you master surgical techniques select the best procedure avoid complications and anticipate outcomes Written by global experts from leading institutions Operative Techniques in Sports Medicine Surgery Third Edition clearly demonstrates how to perform the techniques making this an essential daily resource for residents fellows and practitioners Acina the Orthopedic Board Exam Brett Levine, 2024-06-01 In today s fast paced world orthopedic residents and fellows struggle to find the time to study for the board exams prepare for the recertification exam prepare for the Orthopedic In Training Examination prepare for

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Cassandra A Lee brings her considerable expertise to the topic of Cartilage The treatment of cartilage injuries remains one of the most difficult challenges in medicine In this issue top experts uncover some of these challenges with timely discussions of allograft options matrices regeneration injectable and surgical treatment options imaging and more Contains 15 relevant practice oriented topics including orthobiologics injectable treatment for knee osteoarthritis cartilage imaging osteotomy isolated versus concomitant for joint preservation principles in joint preservation and more Provides in depth clinical reviews on cartilage offering actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create clinically significant topic based reviews Musculoskeletal and Sports Medicine For The Primary Care Practitioner, Fourth Edition Richard B. Birrer, Francis G. O'Connor, Shawn F. Kane, 2016-01-06 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 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 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 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 The book follows the Strength of Recommendation 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 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

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