# SPORTS INJURIES Basic principles of prevention and care

EDITED BY P. A. F. H. RENSTRÖM



THE ENCYCLOPAEDIA OF SPORTS MEDICINE
AN IOC MEDICAL COMMISSION PUBLICATION
IN COLLABORATION WITH THE
INTERNATIONAL FEDERATION OF SPORTS MEDICINE





# **Sports Injuries Basic Principles Of Prevention And Care**

**Martin P. Schwellnus** 

# **Sports Injuries Basic Principles Of Prevention And Care:**

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The Sports Medicine Resource Manual Peter H. Seidenberg, Anthony I. Beutler, 2008 Written by primary care sports medicine physicians The Sports Medicine Resource Manual is the one 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 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 sports medicine physicians orthopedists emergency medicine physicians physical therapists pediatricians team physicians athletic trainers and others share their expertise on everything 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 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 musculoskeletal medicine Features expert guidance from multiple medical disciplines providing you with well rounded coverage from various perspectives Includes evidence based 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 management and musculoskeletal procedures to help you effectively treat more of what you see regularly Presents appendices on exercise and injury for special populations

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Froberg,1997 Comprises 16 chapters which were presented as invited lectures at the XVIII Symposium of the European Group of Pediatric Work Physiology held at Odense U in September of 1995 The chapters come from a variety of disciplines and discuss selected topics such as the relationship between activity and fitness the benefit of exercise to the chronically ill genetic and environmental factors affecting obesity the impact of athletic training on growth and hormone release bone mineralization and fracture risk and muscular strength development Distributed by ISBS Annotation copyrighted by Book News Inc Portland OR The Female Athlete Mary Lloyd Ireland, Aurelia Nattiv, 2002 Presenting a comprehensive text focusing on the unique physiological and medical aspects of active females involved in competitive and recreational athletics this resource covers issues relevant to the primary care physician and features helpful sport specific chapters Athletic Protective Equipment Scott A. Street, Debra Runkle, 2000 Lawyers Desk Reference, 2001

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