Sports Injuries In The Foot And Ankle Orthospecialty |
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Sports Injuries Guidebook, Second Edition, is a comprehensive yet concise reference for more than 150 common sports injuries. Coverage includes common causes, explanation of symptoms, anatomical illustrations, and treatment options.

Foot and ankle injuries are common in athletes, and the area of sports medicine is one of increasing interest and specialization among orthopedic surgeons. The foot and ankle are poorly covered in the literature, especially with regards to athletic injuries.

The focus of the Sports Injuries titles is the diagnosis, treatment and rehabilitation of common, acute and overuse injuries of the knee, shoulder and foot and ankle. It includes detailed and fully labeled 3D anatomy models of the knee, shoulder and lower extremity including all structures and vessels. Interactive functions allow you to choose views, rotate 3D model 360°, add and remove layers of anatomy from bone to surface anatomy and label any structure. Easy edit functions enable you to export and print any image. This is similar to the 3D anatomy section in the Interactive Knee, Interactive Shoulder and Interactive Foot & Ankle.

This one-stop manual for treating and preventing sports injuries covers everything you need to know, including first aid and physiotherapy. Produced in collaboration with the British Medical Association, this fully illustrated sports injury manual ensures reliable, up-to-date information. Discover what’s causing your knee pain or shoulder pain using the directory of common sports injuries, which outlines causes, symptoms, and diagnoses. Speed your recovery from injuries such as a sprained ankle, bone fracture, or pulled groin using more than 160 step-by-step exercise routines designed to provide immediate treatment as well as long-term strategies for injury prevention. Easy to use, packed with practical advice, and covering all sports from snowboarding to tennis, this is the indispensable injury manual for all amateur sports people, coaches, and trainers.

This book provides a comprehensive review of the diagnosis, management and treatment of sports injuries to the foot and ankle. The editors have assembled a list of contributors at the top of their field to define the medical management, treatment and surgery for the most common and highly debilitating sports injuries. Currently, foot and ankle injuries are the most common musculoskeletal injuries, thus this book fills the clear need for a state-of-the-art resource that focuses upon this growing area of orthopaedic practice. Foot and Ankle Sports Orthopaedics is highly relevant to orthopaedic surgeons, sports orthopaedic surgeons and medical professionals dealing with sports injuries around the F&A. With clear and didactic information and superb illustrations, this book will prove to be an indispensable learning tool for readers seeking expert guidance to further their surgical skills in this area.

Sports Injuries of the Foot is the go-to text for the management and treatment of foot injuries in athletes, demonstrating the current state-of-the-art techniques in assessment, testing and treatment. Organized anatomically beginning with the toes and working down the foot, it covers such common athletic injuries as turf toe, bunions, MTP instability and mid foot and navicular fractures, all in the context of athletic activity. Attention is also given to special considerations for the adolescent and female athlete, with an eye toward return to play. Written by clinicians for clinicians, it will be an invaluable resource for orthopedists, podiatrists, team physicians, athletic trainers and primary care providers alike.

Sports Medicine is now a specialty in its own right. The Olympics are coming to the UK which has focused interest in the field, and pain in elite sport is an unresolved problem.
issue. Sports Medicine is an area that has expanded dramatically in the last 5 years, and demand for educational materials to help bridge the gap in the literature are highly sought-after. This book utilises the excellent sports medicine section originally published within International Advances in Foot and Ankle Surgery and present it in a quick reference format for residents and trainees in orthopaedic sports medicine. The information presented covers current accepted techniques with scientific rationales and will appeal to all surgeons and health care professionals with an interest in sports medicine. This is a truly international, multidisciplinary manual of foot and ankle surgery in sports medicine by the specialty's leaders and most experienced surgeons. Current up to date trends and techniques using a scientific approach including evidence based guidelines where applicable are included. The reader will be exposed to a step-by-step approach to each procedure presented.

With this brand new book, Foot and Ankle Sports Medicine, sports medicine practitioners will have one of the most comprehensive and practical resources for the treatment of foot and ankle sports injuries. In addition to tendon disorders, trauma, hindfoot, midfoot, forefoot, and lower leg, this book’s 32 chapters also cover pediatric sports injuries, sport specific injury prevention, rehabilitation, and even shoe selection. Over 40 specialists in orthopaedic surgery, podiatry, physiatry, physical therapy, and athletic training contributed to this book’s contents — including team physicians, physical therapists, and athletic trainers for major sports teams including the New York Giants, New York Mets, Philadelphia Flyers, Philadelphia Eagles, New York Knicks, Washington Nationals, Carolina Panthers, and the US Davis Cup Tennis team. It’s the combination of all these different disciplines that makes this book such an excellent resource for treatment of foot and ankle sports injuries. FEATURES— Over 300 original illustrations -- many in full color-- Practical recommendations from over 40 experts in their field-- All treatments emphasize the role of therapists and trainers in obtaining the best results

World-class rehabilitation of the injured athlete integrates best practice in sports medicine and physical therapy with training and conditioning techniques based on cutting-edge sports science. In this ground-breaking new book, leading sports injury and rehabilitation professionals, strength and conditioning coaches, biomechanists and sport scientists show how this integrated model works across the spectrum of athlete care. In every chapter, there is a sharp focus on the return to performance, rather than just a return to play. The book introduces evidence-based best practice in all the core areas of sports injury risk management and rehabilitation, including: performance frameworks for medical and injury screening; the science of pain and the psychology of injury and rehabilitation; developing core stability and flexibility; performance retraining of muscle, tendon and bone injuries; recovery from training and rehabilitation; end-stage rehabilitation, testing and training for a return to performance. Every chapter offers a masterclass from a range of elite sport professionals, containing best practice protocols, procedures and specimen programmes designed for high performance. No other book examines rehabilitation in such detail from a high performance standpoint. Sports Injury Prevention and Rehabilitation is essential reading for any course in sports medicine and rehabilitation, strength and conditioning, sports science, and for any clinician, coach or high performance professional working to prevent or rehabilitate sports injuries.

An essential reference for amateur athletes who want to prevent, treat or recover from a particular sports injury.

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Vivian Grisogono passes on years of experience as a sports participant and therapist in this easy-to-read, fully illustrated manual. Indispensable to men and women of all ages, as well as to coaches, PE teachers, and medical and paramedical practitioners interested in sports injuries. Grisogono is chief physical therapist at the Royal Masonic Hospital in London. She teaches sports medicine and has served as British team physical therapist at the Olympics and the World Student Games.

Covers the physical examination, assessment and treatment considerations for all major sports injuries. Provides insight into the cause of injuries as a result of a specific sport in order to tailor treatment to that injury.

A concise handbook of emergent care for sports injuries. Emphasis is placed on emergency and sideline care along with “return to play” treatment. This resource features a wealth of tables and illustrations as well as lists of emergency supplies needed in various sports.

"Provides basic consumer health information about the causes of sports injuries, their prevention, and treatment options. Includes index, glossary of related terms, and other resources"—Provided by publisher.

This text embraces the philosophy of 'active' conservative care and a multidisciplinary team approach to treatment. It addresses site specific sports injuries, as well as diagnostic imaging, strength and conditioning, nutrition and steroid use.
Foot and ankle injuries are commonplace in competitive sports. Close attention is required during examination to accurately identify such injuries. Early diagnosis and management of these injuries are critical. Articles included in this issue are Chronic Ankle Instability (Medial and Lateral), Disorders of the Flexor Hallux Longus and Os Peroneum, Heel Pain in the Athlete (calcaneal Stress fracture, Baxter's Neuritis, Plantar Fasciitis), Stress Fractures of the Metatarsals and Navicular, Peroneal Tendon Disorders, and many more!

For anyone who plays sports and is looking to facilitate recovery or prevent injuries. Everyone who plays sports experiences injuries. Many people never fully recover because they're not aware of what they can do to facilitate recovery. But there's no need to simply resign yourself to "living with" a sports injury. The Anatomy of Sports Injuries, author Brad Walker brings years of expertise—he works with elite-level and world-champion athletes, and lectures on injury prevention— to this how-to guide. The book takes a fundamental approach, bringing you inside the body to show exactly what is happening when a sports injury occurs. At the heart of The Anatomy of Sports Injuries are 350 images. This second edition includes updated illustrations and more anatomical information and is for every sports player or fitness enthusiast who has been injured and would like to know what the injury involves, how to rehabilitate the area, and how to prevent complications or injury in the future.

Home Exercise Programs for Musculoskeletal and Sports Injuries: The Evidence-Based Guide for Practitioners is designed to assist and guide healthcare professionals in prescribing home exercise programs in an efficient and easy to follow format. With patient handouts that are comprehensive and customizable, this manual is intended for the busy practitioner in any medical specialty who prescribes exercise for musculoskeletal injuries and conditions. The most central aspect of any therapeutic exercise program is the patient’s ability to perform the exercises effectively and routinely at home. This book is organized by major body regions from neck to foot and covers the breadth of home exercises for problems in each area based on the current literature. Each chapter begins with a brief introduction to the rehabilitation issues surrounding the types of injuries that can occur and general exercise objectives with desired outcomes, followed by a concise review of the specific conditions and a list of recommended exercises. The remainder of the chapter is a visual presentation of the exercises with high-quality photographs and step-by-step instructions for performing them accurately. The most fundamental exercises to the rehabilitation of each specific region are presented first as the essential building blocks, followed then by condition-specific exercises that advance throughout the chapter. Using this section, the healthcare practitioner can provide patients with handouts that require little to no explanation and can customize the program and modify instructions to fit individual patient needs and abilities— with confidence the handouts will be a valuable tool to help patients recover successfully from musculoskeletal and sports injuries. Key Features: Concise evidence-based guide for practitioners who prescribe home exercise programs for musculoskeletal and sports injuries. Presents foundational, intermediate, and more advanced exercises for each body region and condition based on the current literature to achieve desired outcomes. Highly visual approach with over 400 photographs demonstrating each exercise effectively with step-by-step instructions. Each chapter includes evidence-based recommendations and goals for advancement of the exercise program. Includes digital access to the ebook for use on most mobile devices and computers.

This title provides the reader with an understanding of the nature of injuries sustained in, or as the result of sport, and how to recognize and treat such injuries.

The 2nd Edition of this superb how-to book provides detailed guidance in caring for patients with common and significant sports injuries. It includes step-by-step approaches to diagnosis and treatment * rationales and precise instructions for rehabilitation programs * specific guidelines for referral * and more! Provides a detailed approach to history taking and physical examination. Discusses plain radiographs, imaging studies, and diagnostic tests should be ordered. Examines a wide range of non-surgical treatment options. Emphasizes how to select and implement rehabilitation programs that meet the needs of individual patients. Offers precise guidelines on cases that should be referred to a specialist. Illustrates important techniques with more than 355 figures and diagrams. Makes decision making easier with triage tables in all relevant chapters. Features guidance on injuries to children and adolescents as well as adults.

Sports Injuries and Illnesses is an essential companion for all athletes who take their general health and well-being seriously. Topics include: analysis of the physical body, its strengths and weaknesses; study of the environment and its effect on the body; psychological implications of injury and illness; dangers of overtraining and poor nutrition and first aid: what to do and how to do it.

As more and more people realize the cardiovascular, metabolic, and muscular benefits that regular physical activity provides, the risk for potential injury also increases. In order to provide successful treatment, all persons involved in the management of injury must have a thorough understanding of the healing process of the various tissues and also be familiar with the demands of different types of sports. Written by two world-renowned experts, Sports Injuries, Fourth Edition comprehensively covers the prevention, treatment, and rehabilitation of sports injuries. Essential reading for all athletes, coaches/trainers, physiotherapists, and doctors, the updated edition of this highly popular and well-established textbook skillfully integrates scientific background and evidence with practical application. Topics covered include: individual risk factors for sports injuries; effects of physical inactivity on the tissues; head and face injuries in sport; cervical, thoracic and abdominal injuries in sport; back and spine injuries in sport; outdoor activities during extreme conditions; injuries in sport for the disabled; and much more! This book covers injuries resulting from the full range of international sports. For each type of injury examined, it details the symptoms, mechanism of injury, diagnosis, treatment, rehabilitation protocols, and key points—clearly stating what both non-medical and medical professionals should do in each case of injury. This easy-to-follow textbook features a glossary of key terms and protocols with rehabilitation exercises to provide readers with a solid understanding about how to effectively treat, rehabilitate, and prevent sports injuries. 

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This comprehensive book describes in detail how nuclear medicine and radiology can meet the needs of the sports medicine physician by assisting in precise diagnosis, clarification of pathophysiology, imaging of treatment outcome and monitoring of rehabilitation. Individual sections focus on nuclear medicine and radiologic imaging of injuries to the head and face, spine, chest, shoulder, elbow and forearm, wrist and hand, pelvic region, knee, lower leg, ankle and foot. The pathophysiology of sports injuries frequently encountered in different regions of the body is described from the perspective of each specialty, and the potential diagnostic and management benefits offered by the new hybrid imaging modalities – SPECT/CT, PET/CT, and PET/MRI – are explained. In addition, a range of basic and general issues are addressed, including imaging of the injuries characteristic of specific sports. It is hoped that this book will promote interdisciplinary awareness and communication and improve the management of injured recreational or elite athletes.

Illustrated with more than 400 full color illustrations and 120 photos, Clinical Guide to Sports Injuries is an outstanding guide to the diagnosis, treatment, and rehabilitation of sports injuries. See and learn how to evaluate and treat a wide range of sports injuries and to confidently handle each step in the injury management process. You’ll also learn how to prescribe rehabilitation exercises to your patients. Clinical Guide to Sports Injuries is a well-organized, easy-to-understand, and richly illustrated text for general practitioners and sports medicine specialists – anyone who needs to know how to diagnose and treat sports injuries of all kinds.

The man who keeps Bruce Jenner and Martina Navratilova in peak condition reveals how to prevent, treat, and rehabilitate all athletic injuries. Illustrated.

Every physical activity gives us something to learn, increases our fitness components makes one confident and refresher or recharges us to lead life happy. On other side participation in games and sports may lead to injury. The injury can be the minor one, serious, career ending or even some times life threatening. An athlete can face injuries at any time i.e. during main competition, in regular practice reasons or in off-season training also. Sports injuries continue to increase in organized or varsity athletics and in the general population because of the increased interest in fitness and sports. In the present study, all major sports, injuries including foot and ankle, knee, hip flexors, hip joints, shoulders, head, forearm muscles, wrist joints, arm muscles, elbow joints, pelvic, calf, etc., are described in detail in simple English language so that to reach its readers. The present book entitled Sports Injuries and Rehabilitation highlights all the aspects of sports injuries. The book is arranged in a lucid form and written in simple spoken English language. Hopefully, the present book will prove useful for clinicians, physiotherapists, sportsmen and sportswomen, students, teachers and for the general readers too.

This book explores in a comprehensive manner the best current treatment options for sports injuries of the foot and ankle. Particular attention is devoted to advanced surgical techniques, with practical and clear explanation of every step of the described procedures. The coverage encompasses management of the full range of ligament, bone and joint, and tendon injuries, and a concluding section addresses special considerations such as outcome assessment and advances in rehabilitation techniques. Foot and ankle injuries are extremely common in athletes and may endanger their sporting activity. The approach to these injuries is constantly evolving with the aim of achieving the best possible functional restoration. In presenting a state of the art update covering all aspects of treatment, this book will be of value of established foot and ankle surgeons, fellows and residents in orthopaedics, and all those involved in sports medicine. The authors are leading international experts renowned within their fields, and the book is published in collaboration with ISAKOS.

As more internists and family physicians increase their scope to include sports medicine, this book reaches beyond the orthopaedic surgery market to provide a one-reference source for the treatment of both simple and complex sports-related injuries. For ease of use, the book is divided into the various anatomical sections: the forefoot, the midfoot, the hindfoot, the ankle, tendon disorders, and orthotics and braces – each enhanced by rehabilitation procedures and algorithms. It enables the physician to formulate a treatment plan and compare the various surgical and non-surgical options for a variety of injuries including: stress and other fractures, ankle instability, ruptures, sprain, ligament injuries, tendonitis, lesions, and neuropathies. The text is supported by copious illustrations, including 100 line drawings, 99 operative photos and a full-colour 4-page insert.

Sports Injuries provides an indispensable self-help guide to all the common injuries that occur. This book will help to quickly pinpoint the source of the injury, know which conditions you can treat yourself and when to visit an expert, stay fit and flexible during recovery, and encourage your body to heal faster. Easy-to-follow illustrations help you to locate the area of pain quickly then guide you through a range of simple self-diagnostic tests and medical options. Once the problem and course of care are determined, unique fitness ladders tell you what you can do to stay mobile and how to avoid further injury. Clear illustrations delineate the...
anatomical area, joint or muscle under consideration. Highly templated format gives diagnosis, cause, treatment (self or medical) and training points for each injury. Includes self-tests with diagrams to help pinpoint the specific injuries. Provides training ladders for safe rehabilitation of injury.

The Soft Tissues: Trauma and Sports Injuries focuses on the diagnosis, treatment, and rehabilitation of soft tissue injuries. The publication first offers information on the incidence, nature, and economic effects of soft tissue injury and the anatomy of soft tissues. Discussions focus on economic 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. The text takes a 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 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; physiological 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 specialists and readers interested in soft tissue injuries.

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