

## Athletic Taping And Bracing 2nd Edition

The latest edition of this in-depth look at athletic injuries of the shoulder has been updated to feature 16 new chapters, additional illustrations and algorithms, an added focus on arthroscopic treatments, and pearls that highlight key information. Additional contributing authors give you a fresh spin on new and old topics from rehabilitation exercises to special coverage of female athletes, pediatrics, and golfers. This book offers coverage of arthroscopy, total joint replacement, instability, football, tennis, swimming, and gymnastic injuries, rotator cuff injuries, and much, much more! The large range of topics covered in this text ensures that it's a great resource for orthopaedists, physical therapists, athletic trainers, and primary care physicians. Presents a multidisciplinary approach to the care of the shoulder, combining contributions from the leaders in the field of orthopedic surgery, physical therapy, and athletic training. Demonstrates which exercises your patients should perform in order to decrease their chance of injury or increase strength following an injury through illustrated exercises for rehabilitation and injury prevention. Illustrates how the shoulder is affected during activity of certain sports with a variety of tables and graphs. Covers a large range of topics including all shoulder injuries to be sufficiently comprehensive for both orthopaedists and physical therapists/athletic trainers. Features 16 new chapters, including Internal Impingement, Bankarts: Open vs. Arthroscopy, Adhesive Capsulitis of the Shoulder, Cervicogenic Shoulder Pain, Proprioception: Testing and Treatment, and more. Details current surgical and rehabilitation information for all aspects of shoulder pathology to keep you up-to-date. Organizes topics into different sections on anatomy, biomechanics, surgery, and rehabilitation for ease of reference. Completely overhauled and updated, Athletic Taping and Bracing, Second Edition, is a leading text in its field. Like the popular first edition, it continues to integrate the science of anatomy and injury mechanisms with the practice of athletic taping and bracing. The new edition is updated to reflect changes in the National Athletic Trainers' Association (NATA) Education Council's "Competencies in Athletic Training" and the fourth edition of the NATA Board of Certification's "Role Delineation Study." Both students and professionals will use this text time and again as a reliable reference. Athletic Taping and Bracing, Second Edition, has been significantly improved with the addition of more than 450 full-color illustrations and photos. These include 60 superb three-dimensional anatomical images from Primal Pictures. The photos that illustrate taping sequences feature tape with darkened edges that enable readers to distinguish the layers and patterns of the tape applied in each step. With its concise anatomical descriptions and detailed anatomical illustrations similar to those normally found in advanced texts on anatomy, the book clearly highlights the mechanisms of injury that are crucial for understanding effective taping and bracing. The text thoroughly discusses and illustrates the general principles of taping and bracing for each major joint and body region. It also contains step-by-step instructions for 36 taping and wrapping procedures, some of which are broken down into as many as 16 steps. It illustrates procedures for fabricating protective pads and orthotics, and it details the dos and don'ts of taping and bracing. To emphasize rehabilitation as well as prevention, Athletic Taping and Bracing, Second Edition, also presents basic stretching and strengthening exercises for injury rehabilitation. These exercises, presented and illustrated for each body part, focus on flexibility, strength, and proprioception. Combined with the taping and bracing procedures, the exercises will help rehabilitated athletes maintain strength and flexibility and safely return to play. Through Athletic Taping and Bracing, Second Edition, readers will learn the foundations and techniques of taping and bracing. Taping and bracing are presented as adjuncts to, rather than panaceas for, the athlete's total rehabilitation. The emphasis on rehabilitation as well as prevention will help readers become more effective health care providers for athletes and other active people with musculoskeletal injuries and problems. To complement the text, the companion Sport Taping Basics DVD is also available. The DVD brings the book to life by visually demonstrating 22 specific procedures. Each procedure is shown in its entirety without disruption. The taping procedure is then shown again to highlight the key steps of the procedure, and includes close-ups and correct positioning of the athletic trainer and athlete, making the demonstrations easy to follow. Perrin also demonstrates how to properly cut, tear, and remove tape. Based on the previous Sport Taping Basics video set, the expanded content and convenient DVD format makes it fast and simple for you to find and select the specific taping procedure you want to review. Athletic Taping and Bracing, Second Edition, and the Sport Taping Basics DVD captures the art and science of taping and bracing through detailed explanations, spectacular images, and clear demonstrations. Working individually or in tandem with one another, the book and DVD stay in step with current NATA competencies and practices, and offer top-quality instruction. With all this, Athletic Taping and Bracing, Second Edition, and Sport Taping Basics DVD are the premier instructional taping resources in the athletic training field. HK DVDs are coded for universal playback and can be played in all regions of the world.

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. Sports Medicine Essentials: Core Concepts in Athletic Training, Second Edition introduces students to potential careers in the Sports Medicine field, from Fitness Instructor to Athletic Trainer. This comprehensive text surveys a broad scope of knowledge related to the Sports Medicine field, encompassing fitness assessment, conditioning, emergency preparedness, injury management, therapeutic modalities, nutrition, ethical and legal considerations and much more. To help introduce students to an array of exciting careers, it features enrichment activities that include researching the cost of sports medicine supplies, demonstrate taping techniques, and the forming of a safety committee to devise a plan to minimize risk to a team, athletes or clients. This complete resource is a fantastic introduction for any program. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Advanced Knitting Technology provides complete coverage of the latest innovations and developments in knitting technology, including emerging methods as well as the latest best practice for classical processes. Many technologies can be used for the production of cloth such as weaving, knitting, nonwoven, and braiding. Knitting methods are being selected for a growing range of applications due to the spectacular properties of knitted fabric, such as softer tactile quality, higher stretchability, bulkiness, and functional properties that compare favorably with other woven fabrics. Beyond the well-known apparel applications, specially designed knitted structures are uniquely suitable for high performance applications like reinforcement for composites, medical implants, and geotextiles. This book presents recent advances in knitting technology, including structures, properties and applications of knitted fabrics in modern apparel, activewear, composites, medical textiles, and geotextiles. With reference to the latest industry practice, testing, quality and process control methods for knitting technologies are discussed. Advanced Knitting Technology covers recent advances in knitting technology, properties and performance of knitted structures, their applications in apparel and technical fields. Provides detailed and practical instructions for the sustainable production of knitted textiles, including sustainable chemical processing natural dyeing processes, and sustainability analysis methods Draws on the latest research to discuss the future of knitted apparels and high-tech applications of knitted structures as technical textiles Explores the latest applications of AI and machine learning to the knitting process

5 Stars! Doody's Review Service "Not only will this book educate readers on current concepts and techniques, it also will serve as a valuable reference for developing strategies, policies, and procedures for practicing clinicians." Published in Cooperation with the American College of Sports Medicine (ACSM), Preventing Sudden Death in Sport and Physical Activity examines the etiology, prevention, recognition, treatment, and return-to-play protocol of the common causes of sudden death in sport. Chapters are written by content area experts, offering a blend of clinical, scientific, and research expertise regarding

each medical condition that is discussed. Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition.

This volume in the Handbook of Sports Medicine and Science series is a practical guide on the prevention of sports injuries. It covers all Olympic sports, plus additional sport activities with international competition, such as rugby. Focusing on reducing the potential for injuries, the book is organized by regions of the body. There are also chapters on the importance of injury prevention and developing an injury prevention program within a team. The authors identify the risk factors for specific injuries in each sport, typical injury mechanisms and risks associated with training.

This successful and acclaimed guide has now been fully updated and expanded in its second edition. Injuries are a constant problem in sporting life and often require immediate, on-the-spot action to alleviate pain and limit further damage. This book addresses the two most essential elements of effective taping - recognition of injuries and application of techniques. Accessible, portable and easy to use, the book is organized into two sections: the first covers taping supplies and their use, taping objectives, guidelines, basic pathology and key taping strategies; the second shows taping techniques in precise, step-by-step stages illustrated by color photographs. Techniques are further illustrated by physical demonstration in the DVD accompanying the book. Good taping is a matter of practice, but this book goes further than simply showing HOW to tape - it explores the reasons WHY we tape, and the therapeutic effect it has on the physiology, neurophysiology, biomechanics, neuromusculoskeletal system and psychology of an individual. The possible adverse reactions to these systems are also covered, as well as dermatological adverse reactions. Easy to use, step-by-step pictorial presentation demonstrates techniques to provide immediate pain relief as well as the best environment for healing. Includes detailed charts to help identify the injury and select the most appropriate taping technique. Illustrates and clarifies basic soft-tissue anatomy and physiology. Portable, on-field manual. Describes selection and use of taping material. New color photographs and anatomical illustrations. DVD with video clips of taping techniques.

Now celebrating its 50 years in print, this text has held onto the foundation of its great success, while also being re-invented for today's audience. The focus of this text remains the practical instruction of functional anatomy in order to quickly, and convincingly, guide readers to its use in professional performance. This text is filled with modern applications that will show your students the relevance of foundational material to their future careers.

Includes Forward by National Football League Commissioner, Roger Goodell. Written by experts in the field, Emergency Management for Sport and Physical Activity is designed to educate non-Athletic Training majors on the ways in which to prevent sudden death during sport. Often these non-medical professionals are the first on the scene and must, at times, serve the vital role of first responder and immediately act on behalf of athletes' lives. Due to the rigorous training and conditioning programs that are being undertaken by athletes, effective emergency management has become a growing concern. This text includes the recently published positioning statement released by the National Athletic Trainers Association (NATA), which addresses many of the important topics discussed throughout the book. It goes on to address the association's task force document on Preventing Sudden Death During Conditioning Sessions. Key Features: Web-based scenarios are included for each chapter. Includes case studies, feature boxes, and emergency action plans. First aid methods and techniques are included as an appendix. Includes position statements put forth by the National Athletic Trainers Association (NATA). Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

This addition to the Handbook series is presented in five sections. The first section covers basic and applied science, including biomechanics, the physiologic demands of volleyball, conditioning and nutrition. The second section looks at the role of the medical professional in volleyball, covering team physicians, pre-participation examination, medical equipment at courtside and emergency planning. The third section looks at injuries - including prevention, epidemiology, upper and lower limb injuries and rehabilitation. The next section looks at those volleyball players who require special consideration: the young, the disabled, and the elite, as well as gender issues. Finally, section five looks at performance enhancement.

Athletic Training Student Primer: A Foundation for Success, Second Edition is a dynamic text designed to create a foundation for future study in the field of athletic training and prepares students for what they will learn, study, encounter, and achieve during their educational and professional career. An ideal first text for any program, it is the perfect choice for an introductory athletic training course. Breaking the mold of other introductory athletic training texts, this Second Edition includes answers to many "real-life" athletic training situations. The text supplements core content with information derived from a diverse group of professionals. These athletic trainers provide insight and advice on preparing for a variety of topics including work environments, ethics in the workplace, professional preparation, maximizing clinical education opportunities, and a successful career. Athletic Training Student Primer, Second Edition by Dr. Andrew P. Winterstein also includes three new chapters on taping and bracing skills, first aid and initial care, and components of rehabilitation. Informative boxes and sidebars emphasizing specific concepts and tables utilized to outline muscle actions and innervations for specific regions of the body are included for easy reference throughout. Some additional topics include: • Diversity • Employment settings • Emerging trends • Educational resources. Further expanding the learning process, included with each new textbook purchase is access to a companion website with a variety of exciting multimedia features such as taping and bracing techniques, interactive anatomy animations, a glossary, flash cards, and quizzes. What else is new in the Second Edition? • Career information from current athletic training professionals in a variety of settings • Increased depth of discussion on specific injury and conditions • Expanded resources and up-to-date information on educational requirements • New case studies and points of historic interest to facilitate student learning • Additional "injury spotlights" focusing on common injuries • Anatomical drawings • Includes additional on-line material available with new textbook purchase. Athletic Training Student Primer: A Foundation for Success, Second Edition effectively combines the

core concepts in athletic training with guidance on the human elements of the profession, providing athletic training students with the core information needed for the first step into a future career in athletic training.

Already integrated successfully in competitive sports, medical treatment and rehabilitation programs, K-Taping therapy offers physical, occupational and speech therapists a wide range of options for the treatment of infants, small children and younger patients. K-Taping can now be integrated into pediatric physiotherapy and speech therapy, aiding in the treatment of a range of conditions including postural defects, deformities of the feet and dysphagia. About the content K-Taping in theory - The properties, function and mode of action of elastic K-Tape - The effects of K-Tape therapy - The fundamentals of K-Tape application - Contraindications K-Taping in practice - The four major application techniques (muscle, ligament, correction and lymph applications) including common indications in children, and practical examples - The appropriate technique for more than 50 medical indications - Step by step guidance with photo series, practical tips and alternative applications About the author Birgit Kumbrink, founder and medical director of the international K-Taping Academy, Dortmund, Germany and one of the most experienced users and teachers of the treatment method internationally. The course companion and practical manual – for therapists, midwives and pediatricians

The work of a sports therapist is highly technical and requires a confident, responsible and professional approach. The Routledge Handbook of Sports Therapy, Injury Assessment and Rehabilitation is a comprehensive and authoritative reference for those studying or working in this field and is the first book to comprehensively cover all of the following areas: Sports Injury Aetiology Soft Tissue Injury Healing Clinical Assessment in Sports Therapy Clinical Interventions in Sports Therapy Spinal and Peripheral Anatomy, Injury Assessment and Management Pitch-side Trauma Care Professionalism and Ethics in Sports Therapy The Handbook presents principles which form the foundation of the profession and incorporates a set of spinal and peripheral regional chapters which detail functional anatomy, the injuries common to those regions, and evidence-based assessment and management approaches. Its design incorporates numerous photographs, figures, tables, practitioner tips and detailed sample Patient Record Forms. This book is comprehensively referenced and multi-authored, and is essential to anyone involved in sports therapy, from their first year as an undergraduate, to those currently in professional practice. "This project is actually a revision of an existing text that was released by Lippincott, Williams, and Wilkins who published the first edition titled Leadership and Management in Athletic Training: An Integrated Approach. Currently, the book is used in several athletic training education programs around the United States. We have the signed release from LWW. The author pushed for the release, as AT is not a big area for LWW. Competitive Advantage: Each chapter begins with a section that delineates which competencies and knowledge areas the chapter covers AND is divided into parts - leadership stuff, management stuff, professional issues - all integrated. Hence the subtitle. In the NATA Competencies - the Core Content areas of Healthcare Administration (page 29) and Professional Development and Responsibility (page 31) are all leadership areas...and all of those associated competencies and clinical proficiencies will be addressed in the text. Also the Foundation Behaviors (NATA competencies Page 9) are also leadership concept heavy, E.g., teamwork, cultural diversity, etc... these are all leadership concepts, which are covered in this text. All programs have a management, leadership, organization, or administration course of some kind... this book will address all these concepts and show how they are integral to each other. "Leadership" is a theoretical concept (i.e., fluid) not a concrete set of behaviors--so a "leadership text" as proposed will covers several core competencies and several core content areas including professional behaviors (which the author would argue cannot be separated from leadership, and business/management concepts (budgeting, revenue, health insurance system, facility design/management, etc)"--

Athletic Taping and Bracing is the first textbook to apply the science of anatomy and injury mechanisms to the practice of athletic taping. By examining major joints and muscle groups you'll master step-by-step taping and bracing techniques for preventing and managing sport injuries. The book's reader-friendly format features more than 400 detailed photographs and medical illustrations. You'll find it easy to visualize underlying anatomical structures and injury mechanisms and to learn proper methods for applying tape, braces, wraps, and orthotics. You'll also find discussions of specific injuries and techniques for treatment, plus stretching and strengthening exercises to help athletes avoid reinjury. Whether you're a student or practitioner, you'll earn the confidence of your athletes by mastering the art and science of Athletic Taping and Bracing.

Sports Science.

Tap into easy-to-follow, step-by-step guidance on the evaluation and initial management of specific orthopedic and athletic injuries with the companion to Examination of Orthopedic and Athletic Injuries, 4th edition. From evaluative procedures for palpation and range of motion through neurologic, ligamentous, and special tests, everything you need now in the lab, and later in the field or in the clinic, is here. It's a terrific preparation tool for the BOC examination, too.

What are the needs of my client? Which technique should I apply based on the injury/condition? How effective is this technique? Master the art and science of taping, wrapping, bracing, and padding techniques for the prevention, treatment, and rehabilitation of common athletic injuries and conditions. Step by step, the author details multiple methods for each injury/condition--not just the most popular approach You'll learn which technique to use and how to analyze the effectiveness of the technique. Full-color photographs give you a clear understanding of each step. Insightful discussions develop the critical-thinking skills you need to meet the needs of the client. See what students are saying about the 2nd Edition... Best Taping book ever made "This one of the best taping, brace, wrapp and padd books I ever...[had] because it illustrates all procedures needed to help the athletic injuries prevention. It gives the best and alternative ways to ensure the athlete protection and also the best explanation of these methods through great pictures."--Axel Melendez Roman So HELPFUL "Plain and simple...This book has EVERYTHING you will ever need in an Athletic training taping class. All of the tape jobs are there. There are plenty of different versions of most of the basic tape jobs. The instructions are easy to follow, and it helps out so much more than a couple of notes scribbled down in a spiral." --Thomas Barkoski This book is designed as a comprehensive educational resource not only for basketball medical caregivers and scientists but for all basketball personnel. Written by a multidisciplinary team of leading experts in their fields, it provides information and guidance on injury prevention, injury management, and rehabilitation for physicians, physical therapists, athletic trainers, rehabilitation specialists, conditioning trainers, and coaches. All commonly encountered injuries and a variety of situations and scenarios specific to basketball are covered with the aid of more than 200 color photos and illustrations. Basketball Sports Medicine and Science is published in collaboration with ESSKA and will represent a superb, comprehensive educational resource. It is further hoped that the book will serve as a link between the different disciplines and modalities involved in basketball care, creating a common language and improving communication within the team staff and environment.

Edited by past presidents of the American Medical Society for Sports Medicine, Netter's Sports Medicine, 2nd Edition, is a superbly illustrated, go-to sports medicine resource for the outpatient office, the training room, on the sideline, and for certification preparation. Designed for quick reference, this interdisciplinary reference by Drs. Christopher Madden, Margot Putukian,

Eric McCarty, and Craig Young, is organized by both topic and sport, so you can find what you need quickly. Whether you are a primary care physician managing a common or unique musculoskeletal injury in an ambulatory setting ... an orthopaedic surgeon gaining insight about a medical or psychological problem foreign to the cast or operating room ... an athletic trainer figuring out a diagnosis in the training room ... or a physical therapist pursuing further in-depth sports medicine knowledge, this reference gives you the guidance you need to keep athletes and other active patients at the top of their game. More than 1,000 superb Netter graphics, tables, figures, pictures, diagnostic images, and other medical artwork highlight the easy-to-read, bulleted text. Ideal for the sports clinician, team physician, and any health care professionals who provide care to athletes and active individuals. New chapters on travel considerations for the athlete, EKG interpretation, cardiac disease, diagnostic imaging and ultrasound, injury prevention protocols, equestrian sports and rodeo medicine, mixed martial arts, and many more. Up-to-date coverage of nutritional supplements, eating disorders, sports and pharmacology for chronic conditions and behavioral medicine, and extreme and adventure sports.

This DVD provides detailed demonstrations of all strap taping applications.

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.

Updated and expanded with more than 80 pages of new content! Improve your athletic performance, extend your athletic career, treat stiffness and achy joints, and prevent and rehabilitate injuries—all without having to seek out a coach, doctor, chiropractor, physical therapist, or masseur. In *Becoming a Supple Leopard*, Dr. Kelly Starrett—founder of [MobilityWOD.com](http://MobilityWOD.com)—shares his revolutionary approach to mobility and maintenance of the human body and teaches you how to hack your own movement, allowing you to live a healthier, more fulfilling life. This new edition of the *New York Times* and *Wall Street Journal* bestseller has been thoroughly revised to make it even easier to put to use. Want to truly understand the principles that guide human movement? *Becoming a Supple Leopard* lays out a blueprint for moving safely and effectively through life and sport. Want to learn how to apply those principles to specific movements, whether you are doing squats in the gym or picking up a bag of groceries? Hundreds of step-by-step photos show you not only how to perform a host of exercise movements, such as the squat, deadlift, pushup, kettlebell swing, clean, snatch, and muscle-up, but also how to correct the common faults associated with those movements. Frustrated because you can't perform a certain movement correctly due to range of motion restrictions? Breaking the body down into 14 distinct areas, Starrett demonstrates hundreds of mobilization techniques that will help you resolve restrictions and reclaim your mobility. Unsure how to put it all together into a program that addresses your individual needs? This updated edition lays out dozens of prescriptions that allow you to hone in on a specific limitation, a nagging injury, or an exercise fault that you just can't seem to get right. It even offers a 14-day full-body mobility overhaul. Performance is what drives us as human beings, but dysfunctional movement patterns can bring the human body to an abrupt halt. Often, the factors that impede performance are invisible even to seasoned athletes and coaches. *Becoming a Supple Leopard* makes the invisible visible. Whether you are a professional athlete, a weekend warrior, or simply someone wanting to live healthy and free from physical restrictions, this one-of-a-kind training manual will teach you how to harness your athletic potential and maintain your body. Learn how to perform basic maintenance on your body, unlock your athletic potential, live pain-free...and become a Supple Leopard. This step-by-step guide to movement and mobility will show you how to:

- Move safely and efficiently in all situations
- Organize your spine and joints in optimal, stable positions
- Restore normal function to your joints and tissues
- Accelerate recovery after training sessions and competition
- Properly perform strength and conditioning movements like the squat, bench press, pushup, deadlift, clean, and snatch
- Build efficient, transferable movement patterns and skill progressions from simple to more advanced exercises
- Identify, diagnose, and correct inefficient movement patterns
- Treat and resolve common symptoms like low back pain, carpal tunnel, shoulder pain, and tennis elbow
- Prevent and rehabilitate common athletic injuries
- Use mobilization techniques to address short and stiff muscles, soft tissue and joint capsule restriction, motor control problems, and joint range of motion limitations
- Create personalized mobility prescriptions to improve movement efficiency

Hall of Famer Rainer Martens has been playing softball for over 45 years. He currently coaches and plays for the Florida Legends—winners of over 80 national championships in the last 20 years. Although many books focus on fastpitch softball, this is the first comprehensive guide for slowpitch softball played by more than 13 million in the U.S. Includes over 200 photos and a 45-minute DVD that presents demonstrations of offensive and defensive techniques and tactics. Original.

This new Study Guide for Athletic Training students provides a framework to begin certification examination preparation. Students will use this to focus their study as a part of a preparation program. The outline format allows students to look over chapters at a glance to determine potential deficiencies in recall. The text mimics the current Board of Certification (BOC) examination format and focuses exclusively on the 12 NATA Educational Competencies as the framework. The text also offers the reader a concise look at anatomy and physiology with many tables and pictures for the visual learner. The book is the only BOC examination preparation guide that includes content with the 2000+ questions. An accompanying interactive DVD-ROM includes videos, animations, images, interactive quizzes, labeling exercises, supplemental content, and more.

*Examination of Musculoskeletal Injuries, Fourth Edition*, guides current and future athletic trainers and rehabilitation professionals through the examination and evaluation of musculoskeletal injuries both on and off the field.

"*Medical Terminology With Case Studies in Sports Medicine, Second Edition* is a fun, easy-to-read resource written specifically for allied health students. The text provides interesting facts in an easy-to-remember format with the help of two companions, a pirate skeleton named Skully and his trusty pirate dog, Bean. Dr. Katie Walsh Flanagan presents the Second Edition in three main sections to help facilitate learning in a simple, non-intimidating way. Section I is an introduction to medical terminology and contains principles of word building, body organization, medical abbreviations and therapeutic and diagnostic procedures. Section II is organized by each body system which is presented as an island (for example, the cardiovascular system is represented as Cardio Island). Skully and Bean bring the common prefixes and suffixes with them as they add the unique terms of each body system and create new words related to the chapter. Section III contains appendices for specialized areas that students may be interested in exploring, but are not contained in-depth in any chapter. Instructors in educational settings can visit [www.efacultyounge.com](http://www.efacultyounge.com) for additional materials to be used for teaching in the classroom. Pick up *Medical Terminology With Case Studies in Sports Medicine, Second Edition* and join Skully and Bean as they travel from island to island (body system to body system) in this easy-to-read, colorful, invaluable, and fun resource for all allied health students"--Provided by publisher.

What are the needs of my patient? Which technique should I apply based on the injury/condition? How effective is this technique? Master the art and science of taping, wrapping, bracing, and padding techniques for the prevention, treatment, and rehabilitation of common injuries and conditions. Step by step, the author details multiple methods for each injury/condition—not just the most popular approach. You'll learn which technique to use and how to analyze the effectiveness of the technique. Full-color photographs give you a clear understanding of each step. Insightful discussions based on the best available evidence develop the knowledge, skills, and clinical abilities you need to meet the needs of the patient.

Core Concepts in Athletic Training and Therapy provides a balanced introduction to the knowledge, skills, and clinical abilities that span the profession of athletic training. Students in athletic training, coaching, or other health care fields will find current information covering the breadth of theory and application of athletic training, including evidence-based practice, prevention and health promotion, clinical examination and diagnosis, acute and emergency care, therapeutic interventions, and health care administration. It also presents advanced topics of pathophysiology and psychological response to sport injury to better prepare students for continued study. Compared to other introductory athletic training texts, Core Concepts in Athletic Training and Therapy is the only text that aligns with the newest athletic training education competencies from the National Athletic Trainers' Association (2011). Written by a team of respected athletic training educators with experience at the professional and collegiate levels, the text breaks new ground by condensing key concepts to a comprehensive level while not overwhelming students with content that will be addressed in depth in advanced courses. Numerous features assist students in learning the fundamentals:

- Each of the six parts opens with a discussion of the competencies that are covered in that part and concludes with a reference list of those competencies by description and number, making it easy to monitor the knowledge required.
- A companion web resource contains 41 clinical proficiency exercises, carefully chosen to complement the introductory level of the text and align with required educational objectives. The modules may be completed online or printed, and cross-references at the end of each chapter guide students to the appropriate modules to apply the chapter content.
- Case studies sprinkled throughout the text demonstrate real-world situations and include critical thinking questions that underscore principles of rehabilitation and exercise.
- Full-color photographs depict specific conditions and techniques, giving students an accurate picture of real practice.
- For instructors, a complete set of ancillaries assists in preparing and presenting lectures, leading class discussion, and planning assignments and assessments. In addition, Core Concepts in Athletic Training and Therapy is the first text to offer a complete chapter on evidence-based practice, the newest educational competency required of entry-level athletic trainers by the NATA. The rest of the text introduces general information about life as an athletic trainer, such as training, education, licensure, certification, employment opportunities, and the roles in a sports medicine team. The core of the text then focuses on required knowledge and skills related to injury prevention, injury recognition and classification (including region-specific examination strategies, basic objective tests, physical exam strategies, and injury mechanisms), acute care, therapeutic interventions, and the role of pharmaceuticals in the healing process. To round out the text, it addresses health care administration and discusses strategies for the management of athletic training programs. With learning features and a web resource that integrate clinical learning into an introductory course, Core Concepts in Athletic Training and Therapy is the essential resource for current and future athletic trainers. Long after its first use, it will prove a valuable reference for athletic training students as they progress through the curriculum, prepare for certification, and begin careers in the profession. Core Concepts in Athletic Training and Therapy is part of Human Kinetics' Athletic Training Education Series. Featuring the work of respected authorities in athletic training, this collection of outstanding textbooks, each with its own supporting instructional resources, parallels and expounds on the content areas in the accreditation standards of the NATA Education Council.

This unique book is a practical, “go to” source of comprehensive information on the care of peroneal tendon injuries, accurately illustrating this hot topic with many anatomical drawings of how the anatomy influences the diseases we see clinically. This presentation opens with a review of the normal anatomy, biomechanics and examination of the peroneal tendons, followed by a discussion of congenital variations and imaging strategies used in diagnosis and evaluation. Both conservative and surgical management techniques are then elucidated in injury-specific chapters, from peroneus brevis splits and stenosing tenosynovitis to painful os peroneum syndrome (POPS) and acute dislocation. Chapters on rehabilitation and comorbid pathologies round out the presentation. The diagnosis of peroneal tendon injury is much more common today than it was 20 years ago. Utilizing the latest evidence and presenting the most cutting-edge management techniques, The Peroneal Tendons will be useful for orthopedic and podiatric surgeons, sports medicine specialists, and students and residents in these areas.

The premier text for athletic taping and bracing is back in a stunning fourth edition. Newly expanded to cover casting techniques, Athletic Taping, Bracing, and Casting, Fourth Edition With Web Resource, continues to set itself apart from the pack with superior photos and illustrations, precise step-by-step instructions, and pinpoint focus on the techniques that athletic trainers and therapists are most likely to apply in clinical practice. Author Ian McLeod joins veteran author David Perrin in this fourth edition to lend further expertise in the application guidelines and precautions for casting and splinting. Additional enhancements include the following:

- A new web resource featuring 56 competency testing checklists that detail the steps required to show competency
- Online video with demonstrations of proper technique, including six clips dedicated to casting
- Twenty new casting and splinting techniques for Achilles tendon ruptures and common fractures of the foot, ankle, elbow, wrist, and hand
- Information about the importance of evidence-based practice for the techniques, presented by special contributor Carrie Docherty

Athletic Taping, Bracing, and Casting, Fourth Edition, features more than 650 full-color illustrations and photos demonstrating the most frequently applied procedures in clinical practice, some of which are broken down into as many as 16 steps. The book follows a systematic approach for each major joint and body region, covering traditional taping as well as rigid strap taping, elastic kinesiology taping, and techniques for immobilization with casting and splinting. The photos that depict taping sequences feature tape with darkened edges that enable readers to distinguish the layers and patterns of the tape applied in each step, providing invaluable visual aids for both students and professionals. In addition, icons in the text will indicate when a technique is also demonstrated in the companion online video. With its concise anatomical descriptions and detailed anatomical illustrations similar to those normally found in advanced texts on anatomy, Athletic Taping, Bracing, and Casting clearly highlights the mechanisms of injury that are crucial for understanding effective taping, bracing, and casting. To further support the practice, the book also presents basic stretching and strengthening exercises for injury rehabilitation. These exercises are illustrated for each body part and can be used in conjunction with the taping, bracing, and casting techniques to prevent injury and help rehabilitated patients maintain strength and flexibility and safely return to play. The clear instructional guidance and robust visual support offered in Athletic Taping, Bracing, and Casting, Fourth Edition, will allow both future and current athletic trainers to build proficiency—and then mastery—of the performance of these techniques.

**#1 NEW YORK TIMES BESTSELLER • NOW A MAJOR MOTION PICTURE •** Look for special features inside. Join the Random House Reader's Circle for author chats and more. In boyhood, Louis Zamperini was an incorrigible delinquent. As a teenager, he channeled his defiance into running, discovering a prodigious talent that had carried him to the Berlin Olympics. But when World War II began, the athlete became an airman, embarking on a journey that led to a doomed flight on a May afternoon in 1943. When his Army Air Forces bomber crashed into the Pacific Ocean, against all odds, Zamperini survived, adrift on a foundering life raft. Ahead of Zamperini lay thousands of miles of open ocean, leaping sharks, thirst and starvation, enemy aircraft, and, beyond, a trial even greater. Driven to the limits of endurance, Zamperini would answer desperation with ingenuity; suffering with hope, resolve, and humor; brutality with rebellion. His fate, whether triumph or tragedy, would be suspended on the fraying wire of his will. Appearing in paperback for the first time—with twenty arresting new photos and an extensive Q&A with the author—Unbroken is an unforgettable testament to the resilience of the human mind, body,

and spirit, brought vividly to life by Seabiscuit author Laura Hillenbrand. Hailed as the top nonfiction book of the year by Time magazine • Winner of the Los Angeles Times Book Prize for biography and the Indies Choice Adult Nonfiction Book of the Year award “Extraordinarily moving . . . a powerfully drawn survival epic.”—The Wall Street Journal “[A] one-in-a-billion story . . . designed to wrench from self-respecting critics all the blurby adjectives we normally try to avoid: It is amazing, unforgettable, gripping, harrowing, chilling, and inspiring.”—New York “Staggering . . . mesmerizing . . . Hillenbrand’s writing is so ferociously cinematic, the events she describes so incredible, you don’t dare take your eyes off the page.”—People “A meticulous, soaring and beautifully written account of an extraordinary life.”—The Washington Post “Ambitious and powerful . . . a startling narrative and an inspirational book.”—The New York Times Book Review “Magnificent . . . incredible . . . [Hillenbrand] has crafted another masterful blend of sports, history and overcoming terrific odds; this is biography taken to the nth degree, a chronicle of a remarkable life lived through extraordinary times.”—The Dallas Morning News “An astonishing testament to the superhuman power of tenacity.”—Entertainment Weekly “A tale of triumph and redemption . . . astonishingly detailed.”—O: The Oprah Magazine “[A] masterfully told true story . . . nothing less than a marvel.”—Washingtonian “[Hillenbrand tells this] story with cool elegance but at a thrilling sprinter’s pace.”—Time “Hillenbrand [is] one of our best writers of narrative history. You don’t have to be a sports fan or a war-history buff to devour this book—you just have to love great storytelling.”—Rebecca Skloot, author of The Immortal Life of Henrietta Lacks

Prepare athletic trainers to provide emergency treatment for acute sports-related injuries and illnesses in children, adolescents, and adults—on and off the field. Noted practitioners and educators address all aspects of the evaluation and management of the full-range of medical problems that may be encountered. From emergency evaluation and airway management through the major categories of injury, this timely text meets a critical need in the classroom and in practice.

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