

Pediatric Sports Medicine For Primary Care

This reader-friendly book takes a practical approach to caring for the adolescent athlete. Logically organized by joint, the book identifies both chronic and acute injuries in addition to congenital conditions. It details fundamentals, including basic anatomy, joint examination, and patient history. Emphasis is placed on the recognition of injury patterns unique to adolescent athletes and tables are incorporated throughout to assist with diagnosis. This book also highlights return to play guidelines and includes summary pearls. Anatomical photos, x-rays, and MRI scans illustrate all key concepts.

Comprehensive Manuals in Pediatrics are designed to broaden the practitioner's clinical scope by providing a wide range of diagnostic and management skills ordinarily considered to be the exclusive domain of the specialists. Although the series as a whole constitutes a comprehensive text in pediatrics, each volume stands on its own as a self-contained reference for the busy practitioner. In order to maintain a uniform style and coverage of each subject, each manual is usually written by no more than one or two authors. Each author is an acknowledged expert in his or her field and provides a comprehensive, up-to-date account of the topic under discussion. Practically oriented, each volume offers concise guidelines and courses of treatment. Michael Katz E. Richard Stiehm Preface Much knowledge has been generated in recent years by scientists investigating the triad: child-exercise-health. Yet little of this information is available in pediatric textbooks, for application by the clinician. This book is intended to bridge the resulting gap.

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!

This unique book fills the void in the existing literature related to the diagnosis and evaluation of pediatric ACL injuries and presents both current and emerging surgical techniques for pediatric ACL reconstruction. Once considered rare, these injuries are on the rise as children are increasingly active and engaged in high-impact sports. Historically, these injuries have been treated with benign neglect, but there is increasing evidence that non-operative treatment approaches can lead to recurrent instability, further injury to the meniscus or cartilage, and eventually joint degeneration. Opening with discussion of epidemiology, developmental anatomy, and assessment and radiography, this one-stop resource then presents conservative and surgical management strategies and algorithms, including ACL reconstruction without bone tunnels, use of epiphyseal tunnels, trans-physeal tunnels, or hybrid techniques. Special attention is given to the young female athlete, complications, prevention strategies, rehabilitation and return to play considerations. Bringing together the latest clinical evidence

with the preferred techniques of experts in the field, *The Pediatric Anterior Cruciate Ligament* is a comprehensive and detailed analysis of the inherent problems in treating ACL injuries in the pediatric patient, useful for pediatric orthopedic surgeons, orthopedic sports medicine surgeons, primary care sports medicine physicians and other professionals working with the young athlete.

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, including pregnant women and pediatric and geriatric patients, enabling you to appropriately care for the diverse range of individuals in primary care practice. Uses a templated format throughout making reference a snap.

A treatment-focused guide for sports-related health issues in children and adolescents JAMA REVIEW! "The editors are outstanding, experienced physicians with a great wealth of knowledge as well as practical proficiency in this field. The other contributors are also first-rate authors, and all have done a wonderful job in researching the subjects and writing them up in a way that is easy to read and understand. I firmly believe that *Pediatric Practice Sports Medicine* will quickly become the favorite of students, residents, and primary care clinicians. It will be embraced because of its ease of use and its valuable, practical contents. I am sure it will find its way to medical libraries throughout the nation or world and to most offices for primary care clinicians. I would recommend this book for anyone dealing with pediatric and adolescent patients, even if that interaction takes place only a few times per year. I think that this will be a must-have reference for pediatricians, family practitioners, student health clinicians, pediatric and family nurse practitioners, and physician assistants and anyone working with children and adolescents."--Journal of the American Medical Association 4 STAR DOODY'S REVIEW " The book does an outstanding job of describing the etiology, presentation, evaluation, and treatment of various problems, providing a quick and valuable resource for practitioners....This is a well organized, comprehensive book that will prove useful to any primary care physician who treats younger athletes. The detailed discussions of common problems supplemented by numerous illustrations and tables will simplify the often challenging task of caring for this demanding patient population."--Doody's Review Service "Pediatric Practice: Sports Medicine is a 'must-have' book for every medical practitioner who provides care to children and adolescents."--Sandra J. Hoffmann, MD, MS, FACSM, FACP, Fellow of the American College of Sports Medicine, Board of Trustees (2006-2009) of the American College of Sport Medicine, Associate Professor, Dept. of Family Medicine, Idaho State University School of Medicine (from the foreword) *Pediatric Practice: Sports Medicine*

explains the practical aspects of treating children who participate in sports. The authors cover everything from screening and safety issues to the treatment of sports-related injuries and trauma. How to manage patients with medical conditions that impact sports participation is also included. Providing critical information about what you need to know and do in virtually any case, this book also offers valuable perspectives on pathophysiology, epidemiology, and diagnosis. This full color guide is designed to ensure quick, easy searches for treatment directives. Perfect for pediatricians, family practice physicians, and nurse practitioners, *Pediatric Practice: Sports Medicine* is the handiest and most comprehensive guide available for treating children participating in sports of all kinds. Features of the *Pediatric Practice Series*: More than 450 full-color illustrations Tips that tell you what you must know--and what you must do--at every stage of care Diagnostic and treatment algorithms Signs/Symptoms and Differential Diagnosis boxes "What to Refer" boxes, which examine all the relevant clinical considerations Diagnostic Tests--with a realistic emphasis on the right tests to order Medical Treatment coverage that includes drugs, dosages, and administration in an easy-to-read tabular format Convenient icons and a templated chapter design

This book is designed to help those doctors, clinicians and respected therapists who work with children and adolescents in the sports medicine field. It provides specialist information, evidenced based, in a unique area of medicine. Comprehensive but concise, this guide will help clinicians in the diagnosis and management of common and less common injuries seen in this important age group. The book also helps the clinician to deal with emergency situations and provides a unique insight to the physiological and psychological changes seen in the growing child. In addition to the wide variety of pathologies discussed, additional information and specialist areas have been added, including nutrition in children, strength and conditioning, obesity, psychology of the growing child, child protection and common medical problems which can affect children. The book also includes Photos, X rays and pictures for visual guidance and help in clinical testing.

Students have often commented on the need for a concise textbook on sports medicine that presents the essential information otherwise scattered across several much larger medical textbooks on other topics. Addressing this need, *Key Topics in Sports Medicine* makes effective use of the successful Key Topics format to provide extensive relevant information in an accessible and easy-to-follow manner. Practical and clearly presented, this is an invaluable resource for those students and practitioners of sports medicine and rehabilitation, athletic training, physiotherapy and orthopedic surgery.

This best-selling resource gives you an easy-to-use, one-stop guide to all aspects of childhood sports preparation, participation, and injury treatment. The newly enhanced and updated second edition covers safety and risk-management considerations; procedural how-to's for the preparticipation physical examination; the latest treatment recommendations on proper nutrition for athletes; proven injury prevention guidelines; detailed treatments for dozens of injuries; and more. Topics have been selected to reflect the health and safety issues most likely to be encountered by primary care practitioners. Numerous color photos and illustrations bring the authoritative text to life. New in the 2nd edition! New Bonus full-color signs and symptoms poster All-new chapters on nutrition and weight control; performance-enhancing substances; risks of injury during sports participation; acute and overuse shoulder injuries Important new findings on issues specific to the female athlete Contents include: Assessing physical and emotional readiness for athletic participation Effects of training and competition

on child development Nutrition, weight loss, and performance-enhancing substances Athletic participation for physically challenged children Evaluation and treatment of both medical and musculoskeletal injuries Guidelines for returning to athletics after injury Recommendations for specialty referral 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.

"Pediatric Sports Medicine: Essentials for Office Evaluation Pediatric Sports Medicine: Essentials for Office Evaluation is a clinically relevant reference presented in a question-and-answer format designed to be a primary resource for all pediatric providers and health care professionals who work closely with children or young adults with sports related injuries. Dr. Chris Koutures and Dr. Valarie Wong explore the topics most commonly asked pertaining to pediatric sports medicine, in a casual, yet informative manner. The unique format of this cutting-edge book provides a rapid reference and "quick look-up" for today's busy practitioner. Pediatric Sports Medicine: Essentials for Office Evaluation includes unique chapters such as key sports medical terms and phrases, how to take a sports medicine history, what imaging studies to order, and how to determine safe return to play for many medical and musculoskeletal concerns. Additional features include: - Information on pediatric sports medicine rehabilitation - Tips on specialty referral - Generous use of tables and figures - Pictures of labeled images and radiographs that highlight key landmarks and points of emphasis. With contributions from many of the experts in the field, Pediatric Sports Medicine: Essentials for Office Evaluation is an easy-to-read resource for any

medical practitioner, including physicians, nurse practitioners, physician assistants, residents, medical students, physical therapists, and athletic trainers, and many more, seeking to quickly expand their knowledge of pediatric sports medicine"--Provided by publisher.

Get an in-depth look at pediatric primary care through the eyes of a Nurse Practitioner! *Pediatric Primary Care, 6th Edition* guides readers through the process of assessing, managing, and preventing health problems in infants, children, and adolescents. Key topics include developmental theory, issues of daily living, the health status of children today, and diversity and cultural considerations. This sixth edition also features a wealth of new content and updates — such as a new chapter on pediatric pharmacology, full-color design and illustrations, new QSEN integration, updated coverage of the impact of the Affordable Care Act, a refocused chapter on practice management, and more — to keep readers up to date on the latest issues affecting practice today.

Comprehensive content provides a complete foundation in the primary care of children from the unique perspective of the Nurse Practitioner and covers the full spectrum of health conditions seen in the primary care of children, emphasizing both prevention and management. In-depth guidance on assessing and managing pediatric health problems covers patients from infancy through adolescence. Four-part organization includes 1) an introductory unit on the foundations of global pediatric health, child and family health assessment, and cultural perspectives for pediatric primary care; 2) a unit on managing child development; 3) a unit on health promotion and management; and 4) a unit on disease management. Content devoted to issues of daily living covers issues that are a part of every child's growth — such as nutrition and toilet training — that could lead to health problems unless appropriate education and guidance are given. Algorithms are used throughout the book to provide a concise overview of the evaluation and management of common disorders. Resources for providers and families are also included throughout the text for further information. Expert editor team well is well-versed in the scope of practice and knowledge base of Pediatric Nurse Practitioners (PNPs) and Family Nurse Practitioners (FNPs). Concussions are increasing in incidence each year, and each state has a law on management of concussions in children. These factors strengthen the need for primary care providers to be well-versed in the evaluation and management of them. This text provides primary care physicians and clinicians with an evidence-based yet practical approach to diagnosing and treating concussions in children and adults. The book begins with a general overview of concussions. It then goes on to identify risks, signs and symptoms of concussions. Next, physicians and providers learn when and how to perform appropriate physical exams for suspected concussions. The following chapters focus on finding the correct type of testing to perform in suspected concussions. The testing options addressed include diagnostic, neurocognitive and imaging. Return-to-learn and return-to-play recommendations are then discussed to ensure that providers are able to

properly educate patients on them. The book concludes by explaining post-concussion syndrome and identifying methods to prevent concussions and complications in the future. Each chapter presents a specific case along with 3-5 followup questions as well as a summary of key concepts. Written from the unique perspective of a primary care physician who also specializes in sports medicine and concussions, Concussion Management for Primary Care is a first-of-its-kind book that serves as a valuable resource for primary care physicians, sports medicine physicians and any other clinician treating patients suffering from a possible concussion.

Practical and highly organized, The 5-Minute Sports Medicine Consult, 3rd Edition, is a reliable, go-to resource for clinicians in primary care, sports medicine, nursing, pediatrics, athletic training and physical therapy. This popular title provides rapid access to guidance on diagnosis, acute treatment (including on-field management), long-term treatment (including rehabilitation and referrals), and commonly asked questions for common sports-related problems seen in adult and pediatric patients. The 5-Minute Sports Medicine Consult delivers maximum clinical confidence as efficiently as possible ... allowing you to focus your valuable time on giving your patients the best possible care. Get quick access to all-new content , including Ankle Impingement, Femero-acetabular Impingement, Myositis Ossificans, and Vocal Cord Dysfunction, in print and online. Find the answers you need quickly thanks to an intuitive, at-a-glance format, with concise, bulleted text; return-to-play and secondary prevention information; and much more. Make confident decisions aided by current evidence-based designations in each topic. Consult useful appendices for quick answers on musculoskeletal radiography and joint and soft tissue injection. Written by esteemed primary care and sports medicine practitioners and published by the leading publisher in medical content, The 5-Minute Sports Medicine Consult, 3rd Edition includes a 10-Day Free Trial to 5MinuteConsult.com.

5MinuteConsult.com is an evidence-based, online workflow tool easily integrated at the point of care. 5MinuteConsult.com provides online-exclusive content, including: A thoroughly updated and expanded appendix on Office Rehabilitation More than 1,500 additional topics, including the full contents of The 5-Minute Clinical Consult and The 5-Minute Pediatric Consult Differential diagnosis support from an extensive collection of algorithms Current evidence-based designations highlighted in each topic Thousands of images to help support visual diagnosis of all conditions A video library of procedures, treatment, and physical therapy techniques An A-to-Z Drug Database from Facts & Comparisons® Guidance on laboratory test interpretation from Wallach's Interpretation of Diagnostic Tests More than 3,000 patient handouts in English and Spanish Approximately 100 Diseases and Conditions in Spanish FREE point-of-care CME and CE: 0.5 credits each time you search the site to find the best treatment for your patients. This activity has been reviewed and is acceptable for up to 20 prescribed credits by the AAFP and the ANCC.

The best clinically-focused, mid-sized reference covering the evaluation, management, and treatment of common orthopedic conditions. Emphasizes the impact of changes in imaging technology on the optimal approach to diagnosis and treatment. Includes a concise review of the basic science underlying current orthopedic surgery practice. Features more than 500 illustrations, an easy-access format, and a valuable chapter on orthopedic surgery in children. Accompanying CD-ROM contains ... "convenient electronic access to the text's illustrations, downloadable for use in presentations, as well as diagnosis-specific office handouts that can be given to patients who want to know more about their conditions."--P. [4] of cover.

Pediatric Sports Medicine for Primary Care Lippincott Williams & Wilkins
Pediatric Sports Medicine: Essentials for Office Evaluation is a clinically relevant reference presented in a question-and-answer format designed to be a primary resource for all pediatric providers and health care professionals who work closely with children or young adults with sports related injuries. Dr. Chris Koutures and Dr. Valarie Wong explore the topics most commonly asked pertaining to pediatric sports medicine, in a casual, yet informative manner. The unique format of this cutting-edge book provides a rapid reference and "quick look-up" for today's busy practitioner. Pediatric Sports Medicine: Essentials for Office Evaluation includes unique chapters such as key sports medical terms and phrases, how to take a sports medicine history, what imaging studies to order, and how to determine safe return to play for many medical and musculoskeletal concerns. Additional features include:

- Information on pediatric sports medicine rehabilitation
- Tips on specialty referral
- Generous use of tables and figures
- Pictures of labeled images and radiographs that highlight key landmarks and points of emphasis

With contributions from many of the experts in the field, Pediatric Sports Medicine: Essentials for Office Evaluation is an easy-to-read resource for any medical practitioner, including physicians, nurse practitioners, physician assistants, residents, medical students, physical therapists, and athletic trainers, and many more, seeking to quickly expand their knowledge of pediatric sports medicine.

Ideal for anyone involved in the care of children with musculoskeletal problems, this best-selling resource has been completely updated to be even more relevant to your everyday practice. Comprehensive and user-friendly, it covers the diagnosis and management of pediatric orthopedic issues with an emphasis on the welfare of the whole child. More than 1,700 color illustrations make it easy to visualize everything from normal variations to treatment plans to potential pitfalls, for virtually any pediatric orthopedic challenge you may encounter. Features:

- Thoroughly up-to-date and evidence-based, including expanded material on sports medicine.
- Lavishly illustrated with over 1,700 color drawings and photographs – a uniquely visual approach you'll appreciate for rapid reference and quick understanding.
- Parent education guides make it easy to provide important information to caregivers and increase compliance.

Comprehensive

coverage includes growth, evaluation, management, trauma, sports, infections, and tumors, as well as each anatomical area: lower limb, foot, knee, hip, spine, and upper limb. Designed to meet the everyday needs of health care practitioners who are involved with pediatric musculoskeletal problems, including primary care physicians, pediatricians, and orthopedists.

Written by leading experts from the Mayo Clinic, this volume of our Orthopaedic Surgery Essentials Series presents all the information residents need on hip, knee, shoulder, and elbow reconstruction in adults. It can easily be read cover to cover during a rotation or used for quick reference before a patient workup or operation. The user-friendly, visually stimulating format features ample illustrations, algorithms, bulleted lists, charts, and tables. Coverage of each region includes physical evaluation and imaging, evaluation and treatment of disorders, and operative treatment methods. The extensive coverage of operative treatment includes primary and revision arthroplasty and alternatives to arthroplasty.

The new "Sports Medicine in the Pediatric Office" is a comprehensive resource for the evaluation and treatment of musculoskeletal problems in children and adolescents. It is the first pediatric sports medicine text that uses CD-ROM technology to allow readers to view anatomy and physical examination techniques for exam skill development. The text uses case-based examples to address common issues seen in the pediatric office such as knee, elbow, and ankle injuries. The common injuries include shoulder, wrist/elbow, ankle/foot, knee, leg, and hip/spine. Musculoskeletal examination with video demonstration includes step-by-step physical examination and corresponding digital anatomic illustration of each body area. The short topic chapters cover specific medical, non-orthopedic topics with charts and tables.

Practical and highly organized, The 5-Minute Sports Medicine Consult, 3rd Edition, is a reliable, go-to resource for clinicians in primary care, sports medicine, nursing, pediatrics, athletic training and physical therapy. This popular title provides rapid access to guidance on diagnosis, acute treatment (including on-field management), long-term treatment (including rehabilitation and referrals), and commonly asked questions for common sports-related problems seen in adult and pediatric patients. The 5-Minute Sports Medicine Consult delivers maximum clinical confidence as efficiently as possible ... allowing you to focus your valuable time on giving your patients the best possible care. Get quick access to all-new content , including Ankle Impingement, Femero-acetabular Impingement, Myositis Ossificans, and Vocal Cord Dysfunction, in print and online. Find the answers you need quickly thanks to an intuitive, at-a-glance format, with concise, bulleted text; return-to-play and secondary prevention information; and much more. Make confident decisions aided by current evidence-based designations in each topic. Consult useful appendices for quick answers on musculoskeletal radiography and joint and soft tissue injection. Access valuable clinical guidance in the book as well as 24/7 online access for one year!

Written by esteemed primary care and sports medicine practitioners and published by the leading publisher in medical content, The 5-Minute Sports Medicine Consult Premium, 3rd Edition: 1-Year Enhanced Online Access + Print includes 1-year access to 5MinuteConsult.com. 5MinuteConsult.com is an evidence-based, online workflow tool easily integrated at the point of care. 5MinuteConsult.com provides online-exclusive content, including: A thoroughly updated and expanded appendix on Office Rehabilitation More than 1,500 additional topics, including the full contents of The 5-Minute Clinical Consult and The 5-Minute Pediatric Consult Differential diagnosis support from an extensive collection of algorithms Current evidence-based designations highlighted in each topic Thousands of images to help support visual diagnosis of all conditions A video library of procedures, treatment, and physical therapy techniques An A-to-Z Drug Database from Facts & Comparisons® Guidance on laboratory test interpretation from Wallach's Interpretation of Diagnostic Tests More than 3,000 patient handouts in English and Spanish Approximately 100 Diseases and Conditions in Spanish FREE point-of-care CME and CE: 0.5 credits each time you search the site to find the best treatment for your patients. This activity has been reviewed and is acceptable for up to 20 prescribed credits by the AAFP and the ANCC. The 5-Minute Sports Medicine Consult Premium, 3rd Edition provides the luxury of a traditional print product and delivers quick access to the continually updated online content - an ideal resource when you're treating patients.

Uniquely written from the perspectives of a Nurse Practitioner and a Physician Assistant This quick-access reference guide encompasses all key diagnostic and management essentials needed for safe and effective pediatric practice. By incorporating the most current literature and evidence-based practice, this guide explains how to best assess, diagnose, and treat common pediatric disorders in an ambulatory care setting. This practical, pocket-sized resource is presented in concise paragraphs, providing access to key information at a glance. Chapters consistently include focused assessment and diagnosis of the most common clinical problems and treatment options. Key points, important developmental milestones, and illness prevention and management sections provide practitioners with important content to educate patients and families easily and thoroughly. Abundant tables and charts help to facilitate quick reference to key components of practice. Links to frequently updated clinical guidelines and important web resources ensure that practitioners can maintain access to the most current knowledge available. Key Features: Provides speedy access to crucial information with concise paragraphs, chapter objectives, key points, and tables Conveniently organized by most commonly seen diseases and disorders Provides links to frequently updated clinical guidelines and web resources Purchase includes digital access for use on most mobile devices or computers Now in a revised and updated second edition, this practical guide remains an invaluable resource for improving the management of hip and pelvis injuries and

presents a spectrum of treatment options for children, adolescents, adults and special populations. Opening with valuable clinical pearls for each topic, differential diagnosis is emphasized throughout the chapters, and evidence-based guidelines and sport-specific considerations aid the reader with injury evaluation and care. From fundamentals—including epidemiology, history and physical examination, imaging and gait assessment—to functional therapeutic interventions, injection techniques, taping and bracing, and both surgical and non-surgical interventions, *The Hip and Pelvis in Sports Medicine and Primary Care, Second Edition* is ideal for sports medicine physicians, primary care physicians, physical therapists and athletic trainers alike.

Relieve symptoms from allergic reactions, hay fever, and asthma! *Action Plan for Allergies* was developed in conjunction with the American College of Sports Medicine, the largest sports medicine and exercise science organization in the world. This book shows you how to take control of your health, boost your energy, and reduce or eliminate the need for medication with the latest scientific research and proven exercise plans. Because fitness level, diet, environment, and medication--such as albuterol, loratidine, diphenhydramine, and salmeterol--affect allergies, *Action Plan for Allergies* allows you to tailor the exercise programs to your individual needs. Including information on creating an allergen-free environment, as well as techniques for desensitization and increasing tolerance, *Action Plan for Allergies* is a comprehensive resource for managing your symptoms and leading a freer, healthier life.

A concise account of common pediatric orthopaedic disorders for pediatricians and family physicians.

This book will serve as a key resource for all clinicians working in orthopedics, sports medicine, and rehabilitation for the sport of tennis. It provides clinically useful information on evaluation and treatment of the tennis player, covering the entire body and both general medical and orthopedic musculoskeletal topics. Individual sections focus on tennis-related injuries to the shoulder, the elbow, wrist, and hand, the lower extremities, and the core/spine, explaining treatment and rehabilitation approaches in detail. Furthermore, sufficient sport science information is presented to provide the clinical reader with extensive knowledge of tennis biomechanics and the physiological aspects of training and rehabilitation. Medical issues in tennis players, such as nutrition and hydration, are also discussed, and a closing section focuses on other key topics, including movement dysfunction, periodization, core training, and strength and conditioning specifics. The expansive list of worldwide contributors and experts coupled with the comprehensive and far-reaching chapter provision make this the highest-level tennis medicine book ever published.

?Topics in pediatric orthopedics routinely surface in general pediatrics and primary care, whether on board exams or in clinical practice. From birth injuries to musculoskeletal infections, there are many conditions and presenting complaints that must be addressed by the primary care physician or pediatrician.

This concise and targeted handbook contains just the need to know conditions, injuries, and diseases necessary for residents and even seasoned clinicians to brush up on pediatric orthopedic topics with ease. Information is contained within themed chapters (like neuromuscular diseases or musculoskeletal infections) and also by anatomical region (hip, knee foot, spine, etc.). This book gives readers the basic knowledge to be able to identify common orthopedic conditions, indications to either treat these conditions or refer patient to an orthopedist, and covers the entire required curriculum needed to answer musculoskeletal questions on the pediatrics board exam.

This book combines the needs of pediatric, adolescent, and young adult athletes with practical, clinically useful information needed by primary care practitioners to guide and treat this athletic population. Chapters follow a standard format completely supported by easy-to-use illustrations and tables. Comprehensive and detailed, its focus is on the content necessary to pass the CAQ in Sports Medicine offered by the American Board of Pediatrics (ABP) and the American Board of Family Practitioners (ABFP). A Brandon-Hill recommended title.

Handbook of Pediatric Psychological Screening and Assessment in Primary Care provides an overview of the principles of screening, monitoring, and measuring of the treatment outcomes of behavioral health disorders in pediatric primary care.

The Handbook serves as a guide to the selection of psychometric measures that can be used to screen for and/or assess behavioral health problems of children and adolescents. The Handbook is an invaluable reference to behavioral health clinicians in maximizing potential benefits in efficient assessment and effective treatment of children and adolescents in pediatric primary care settings as well as other health care settings.

A reference-text that provides an introduction to the evaluation and initial management of musculoskeletal disorders in the pediatric age group. The volume is aimed toward helping the primary care physician arrive at the proper diagnosis by combining known anatomic features with physical examination findings and results of appropriate imaging studies. A particular emphasis is placed on sports injuries unique to the growing child. Annotation copyright by Book News, Inc., Portland, OR

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.

This issue of Primary Care: Clinics in Office Practice features expert clinical reviews on Sports Medicine which includes current information on updates, advances, and controversies, on topics such as the evaluation and treatment of head injuries, neck injuries, back injuries in the adult and pediatric athletic population, foot and ankle injuries, knee injuries, hip and groin injuries, shoulder injuries, elbow injuries, hand and wrist injuries, overuse injuries, sports nutrition, and ergogenic aids.

This book presents a diversity of themes written by authors related to sports medicine and health varying from clinical issues, such as sports injuries to specific neuropsychological aspects of the athletes' behaviour regulation and parathletes' motivation for sport practice. This comprehensive volume is very appealing, which will also be recognised by Sports and Health Professionals, who need further support in their daily work with athletes and coaches, in particular. It is also attractive to researchers and students interested in sport and health related areas.

In our increasingly active society, children, teenagers, adults, and the elderly are swimming, jogging, weight training, and competing in a wide variety of individual and team sports. Approximately 85-95% of athletic problems are handled by primary care providers, many of whom are serving as team or school doctors. Sports Medicine for the Primary Care Physician, Second Edition, provides the latest information on major topics in sports science and clinical medicine that affect primary care physicians. The first section of the book presents the history of sports medicine, the role of the primary care doctor in sports, and the scientific ingredients of good athletic care (e.g., pre-participation exam, drugs/doping, prevention and protective equipment, nutrition). The second section considers the nonoperative management of common sports injuries. After an introduction in which epidemiological, rehabilitative, and healing concerns are presented, on-field emergencies and their management are discussed. General and individual sport injuries are detailed in a cohesive, consistent format that includes relevant anatomy; epidemiology; common eponyms; mechanism of injury; history; physical, laboratory, and radiological findings; differential diagnosis; treatment; rehabilitation; consultation guidelines; and prognosis and prevention. Chapter bibliographies provide general and specific references for additional information. Appendices include pertinent sports curricula for professionals involved in athletic care, equipment lists, ACSM position statements, sports jargon compendium, and a detailed guide to common stretching/rehabilitative exercises. The book contains 259 illustrations and 98 tables.

Leading experts in the field examine the physiology, psychology and medical aspects of long distance running, focusing on the significant developments in this area over the past 25 years. Topics include: the history of endurance training; the social phenomenon of marathon running; marathon myths and medicine; the effects of ageing; and the dominance of African runners. 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 for 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.

The revised and the expanded second edition of this concise and targeted handbook presents the “need-to-know” musculoskeletal conditions and injuries required for all health care providers dealing with pediatric patients, including primary care physicians, emergency medicine physicians, radiologists, residents, students, nurses, and therapists, to brush up on pediatric orthopedics and sports medicine topics with ease. The most up-to-date information is contained within themed chapters--sports injuries and pediatric trauma, for example--as well as by anatomical region--the hip, knee, foot, spine, etc.--including chapters new to this edition covering pediatric musculoskeletal image interpretation and general aspects of sports medicine. This book addresses high-yield points needed for both general day-to-day pediatric orthopedics and sports medicine practice as well as information needed for the musculoskeletal section of the General Pediatrics Certifying Examination and other board exams for other specialties, physician assistants, nurse practitioners, and physical therapists. Well-illustrated and utilizing an easy-to-follow, bullet-pointed format, Pediatric Orthopedics and Sports Medicine gives the reader the basic knowledge to be able to identify and understand the management of common pediatric orthopedic and sports medicine conditions, and indications to either treat these conditions or refer the patient to an orthopedist.

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