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David M. Dines,Joshua Dines,T Bradley Edwards

Shoulder and Elbow Injuries in Athletes Robert A. Arciero, Frank A. Cordasco, Matthew T Provencher, 2017-10-17 Thorough and concise, this practical reference provides a unique, on-field management approach to all athletic injuries to the shoulder and elbow, as well as nonoperative and operative treatment options, including arthroscopy and open surgery. Focusing on high-performance athletes, leading authorities in the field demonstrate how to provide pain relief, restore function, and return the athlete to sport and to prior level of performance in a safe and timely fashion. Showcases the knowledge and expertise of an international group of editors and authors who have served as president of the American Orthopaedic Society for Sports Medicine, the American Shoulder and Elbow Surgeons and the Arthroscopy Association of North America, are physicians or consultants for professional and collegiate sports teams, have won awards for research in the field of shoulder surgery, are editors and reviewers for peer-reviewed journals, and much more. Contains rehabilitation guidelines and critical return-to-sport protocols – essential information for nonsurgical healthcare providers -- primarily on athletes under the age of 40, with some consideration of the older athlete (professional golf, for example). Contains a section in each chapter covering On-the-Field Management and Early Post-Injury Assessment and Treatment – a must-read for immediate care of the injured athlete and ensuring the safe return to play. Covers the most recent advances in the management of tendon tears in elite and overhead athletes, including prevention in youth sports, early sports specialization, and changing standards of care regarding shoulder and elbow instability. Provides a thorough review of current ulnar collateral ligament injury diagnosis, imaging, non-operative management, and surgery, as well as acromioclavicular and sternoclavicular joint injuries, clavicle and olecranon fractures, and OCD of the capitellum.

Basketball Sports Medicine and Science Lior Laver, Baris Kocaoglu, Brian Cole, Amelia J. H. Arundale, Jeffrey Bytowski, Annunziato Amendola, 2020-10-05 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.

Articular Cartilage Lesions Brian J. Cole, M. Mike Malek, 2013-11-11 Drs. Cole and Malek, recognized leaders in the field, wrote this cutting-edge text to fill the void in the literature regarding the management of articular cartilage disease and meniscal deficiency. The book enables orthopedic surgeons to develop an evidence-based decision-making framework that guides the management of articular cartilage lesions. Carefully chosen contributors provide readers with a practical background in articular lesions, patient assessment, and management strategies. Subsequent chapters address the gamut of current surgical techniques, from arthroscopy and debridement to unicondylar arthroplasty, in a step-by-step manner. More than 500 detailed illustrations, many in color, help readers understand and master treatments. Case studies, which include preoperative planning and postoperative outcomes, reinforce the decision-making process. Nearly every permutation and treatment option is covered, making this text a prime resource for surgeons committed to exercising sound judgement.

Meniscal Allograft Transplantation Alan Getgood, Tim Spalding, Brian J. Cole, Wayne K. Gersoff, Peter Verdonk, 2015

Return to Play in Football Volker Musahl, Jón Karlsson, Werner Krutsch, Bert R. Mandelbaum, João Espregueira-Mendes, Pieter d'Hooghe, 2018-03-16 In this book, leading experts employ an evidence-based approach to provide clear practical guidance on the important question of when and how to facilitate return to play after some of the most common injuries encountered in football. Detailed attention is paid to biomechanics, the female athlete, risk factors, injury prevention, current strategies and criteria for safe return to play, and future developments. Specific topics discussed in depth include concussion, anterior cruciate ligament and other knee injuries, back pathology, rotator cuff tears, shoulder instability, hip arthroscopy, and foot and ankle injuries. The chapter authors include renowned clinicians and scientists from across the world who work in the field of orthopaedics and sports medicine. Furthermore, experiences from team physicians involved in the Olympics, National Football League (NFL), Union of European Football Associations (UEFA), and Fédération Internationale de Football Association (FIFA) are shared with the reader. All who are involved in the care of injured footballers will find this book, published in cooperation with ESSKA, to be an invaluable, comprehensive, and up-to-date reference that casts light on a range of controversial issues.

Orthopaedic Knowledge Update® Pediatrics 6 Jeffrey E. Martus, 2021-01-07 Orthopaedic Knowledge Update®: Pediatrics 6 reflects the most recent clinical practice guidelines and appropriate use criteria, as well as the substantial number of high-quality studies in pediatric orthopaedics. This comprehensive multispecialty resource explores the latest advances in pediatric trauma, sports-related injuries, and upper and lower extremity conditions, with brand-new chapters on developmental biology, metabolism, high-energy injury and polytrauma, elbow trauma, knee trauma, and disaster response. Recognized section editors and contributors bring fresh approaches and perspectives, with a focus on delivering a well-rounded update of this rapidly evolving subspecialty. This concentrated guide to new techniques, new approaches, and current controversies is ideal for anyone who treats pediatric musculoskeletal injuries.

Shoulder Instability: A Comprehensive Approach Matthew T. Provencher, Anthony A. Romeo, 2011-12-07 Shoulder Instability, by Drs. Mark Provencher and Anthony Romeo, is the first comprehensive resource that helps you apply emerging research to effectively manage this condition using today's best surgical and non-surgical approaches. Detailed illustrations and surgical and rehabilitation videos clearly demonstrate key techniques like bone loss treatment, non-operative rehabilitation methods, multidirectional instability, and more. You'll also have access to the full contents online at www.expertconsult.com. Watch surgical and rehabilitation videos online and access the fully searchable text at www.expertconsult.com. Stay current on hot topics including instability with bone loss treatment, non-operative rehabilitation methods, multidirectional instability, and more. Gain a clear visual understanding of the treatment of shoulder instability from more than 850 images and illustrations. Find information quickly and easily with a consistent format that features pearls and pitfalls, bulleted key points, and color-coded side tabs. Explore shoulder instability further with annotated suggested readings that include level of evidence.

Patellofemoral Pain, Instability, and Arthritis David Dejour, Stefano Zaffagnini, Elizabeth A. Arendt, Petri Sillanpää, Florian Dirisamer, 2020-05-23 This excellently illustrated book adopts an evidence-based approach to evaluate the efficacy of different techniques for the imaging and treatment of patellofemoral pain, instability, and arthritis. The aim is to equip practitioners with an informative guide that will help them to manage disorders of the patellofemoral joint by casting light on the many issues on which a consensus has been lacking. The opening chapters supply essential background information and explain the role of various imaging modalities, including radiography, CT, MRI, and bone scan. The various conservative and surgical treatment approaches for each of the three presentations – pain, instability, and arthritis – are then described and assessed in depth, with precise guidance on indications and technique. Postoperative management and options in the event of failed surgery are also evaluated. Throughout, careful attention is paid to the literature in an attempt to establish the level of evidence for each imaging and treatment method. The new edition has been thoroughly updated, with inclusion of additional chapters, in order to present the latest knowledge on biomechanics, diagnosis, surgical techniques, and rehabilitation.

Elbow Arthroscopy Luigi Adriano Pederzini, Gregory Bain, Marc R. Safran, 2013-05-16 This book, which derives from an initiative of the Education Committee of The International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine (ISAKOS), addresses all aspects of elbow arthroscopy.

Anatomy is thoroughly introduced, referencing safe portals and describing techniques to minimize risk of complications. Subsequent chapters focus on the use of arthroscopy in a range of conditions, including osteochondritis dissecans, stiff elbow, epicondylitis, elbow instability, and elbow fractures. Guidance is provided on diagnosis and indications for arthroscopy, and arthroscopic technique is clearly detailed. A key chapter describes complications and how to avoid them. The authors are experts and pioneers in the field from North America, Australia, and Europe who have in common the ability to teach complex procedures in a simple way. This book will be an invaluable aid for the developing surgeon and an excellent reference for the experienced surgeon.

Strength and Conditioning for Young Athletes Rhodri S. Lloyd,Jon L. Oliver,2013-07-18 Strength and Conditioning for Young Athletes offers an evidence-based introduction to the theory and practice of strength and conditioning for children and young athletes. Drawing upon leading up-to-date research in all aspects of fitness and movement skill development, the book adopts a holistic approach to training centred on the concept of long-term athletic development and the welfare of the young athlete. While other textbooks focus on a single aspect of youth trainability, this book explores every key topic in strength and conditioning as applied to young people, including: talent identification motor skill development strength, power and plyometrics speed and agility metabolic conditioning mobility and flexibility periodization weightlifting myths overtraining and injury prevention nutrition. Written by a team of leading international strength and conditioning experts and paediatric sport scientists, every chapter includes programming guidelines for youths throughout childhood and adolescence to show how the latest scientific research can be applied by coaches to optimize young athletic potential. This is an essential resource for all students of strength and conditioning or paediatric exercise science, as well as any coach or athletic trainer working with children and young people.

Knots in Orthopedic Surgery Umut Akgun,Mustafa Karahan,Pietro S. Randelli,João Espregueira-Mendes,2018-04-03 This well-illustrated book presents the state of the art in suture materials and provides clear, step-by-step guidance on how to tie the most frequently used knots. The opening section addresses terminological issues and describes how the biological and mechanical properties of suture materials may impact on healing potential. The basics of knot biomechanics are explained, highlighting the risk of failure of knots and sutures if their capacities are exceeded. Subsequent sections give precise instructions on the tying techniques for the various open and arthroscopic knots, including the square knot, the surgeon's knot, half hitches, and sliding and non-sliding knots. The special instruments available to facilitate the tying of arthroscopic knots are thoroughly discussed, equipping the surgeon with the knowledge required to ensure optimal handling of the soft tissues and manipulation of sutures in arthroscopic surgery. A literature review on suture materials and arthroscopic knots completes the coverage. This book is published in cooperation with ESSKA. It will be a valuable instruction manual for surgeons in training and will supply more experienced surgeons with an excellent update that will further enhance their practice.

Return to Sport after ACL Reconstruction and Other Knee Operations Frank R. Noyes,Sue Barber-Westin,2019-11-05 The wealth of information provided in this unique text will enable orthopedic surgeons, medical practitioners, physical therapists, and trainers to ensure that athletes who suffer anterior cruciate ligament (ACL) injuries, or who require major knee operations for other reasons, have the best possible chance of safely resuming sporting activity at their desired level without subsequent problems. Divided into seven thematic sections, the coverage is wide-ranging and encompasses common barriers to return to sport, return to sport decision-based models, and the complete spectrum of optimal treatment for ACL injuries, including preoperative and postoperative rehabilitation. Advanced training concepts are explained in detail, with description of sports-specific programs for soccer, basketball, and tennis. Readers will find detailed guidance on objective testing for muscle strength, neuromuscular function, neurocognitive function, and cardiovascular fitness, as well as validated assessments to identify and manage psychological issues. In addition, return to sport considerations after meniscus surgery, patellofemoral realignment, articular cartilage procedures, and knee arthroplasty are discussed. Generously illustrated and heavily referenced, Return to Sport after ACL Reconstruction and Other Knee Operations is a comprehensive resource for all medical professionals and support staff working with athletes and active patients looking to get back in the game with confidence.

Rotatory Knee Instability Volker Musahl,Jón Karlsson,Ryosuke Kuroda,Stefano Zaffagnini,2016-09-27 This book is designed to equip the reader with the knowledge and tools required for provision of individualized ACL treatment based on the best available evidence. All major aspects of the assessment of rotatory knee instability are addressed in depth. A historical overview of arthrometers, both invasive and non-invasive, is provided, and newly developed devices for the measurement of rotatory knee laxity are considered. Recent advances with respect to the pivot shift test are explained and evidence offered to support a standardized pivot shift test and non-invasive quantification of the pivot shift. Specific surgical techniques for rotatory laxity are described, with presentation of the experience from several world-renowned centers. In addition, functional rehabilitation and “return to play” are discussed. In keeping with the emphasis on an individualized approach, the book highlights individualization of surgical reconstruction techniques in accordance with the specific injury pattern and grade of rotatory knee laxity as well as the use of individualized rehabilitation techniques. Numerous high-quality images illustrate key points and clear take-home messages are provided.

Urgent Care Medicine Secrets Robert P. Olympia,Rory O'Neill,Matthew L. Silvis,2024-01-29 For more than 30 years, the highly regarded Secrets Series® has provided students and practitioners in all areas of health care with concise, focused, and engaging resources for quick reference and exam review. Urgent Care Medicine Secrets, 2nd Edition, offers practical, up-to-date coverage of the full range of essential topics in this dynamic field. This highly regarded resource features the Secrets' popular question-and-answer format that also includes lists, tables, pearls, memory aids, and an easy-to-read style – making inquiry, reference, and review quick, easy, and enjoyable. The proven Secrets Series® format gives you the most return for your time – succinct, easy to read, engaging, and highly effective. Fully revised and updated throughout, covering the full range of topics for understanding today's practice of adult and pediatric urgent care—essential information for physicians, nurse practitioners, and physician assistants. Provides an evidence-based approach to medical and traumatic complaints presenting to urgent care centers, focusing on presenting signs and symptoms, differential diagnosis, office management, and when to refer for higher level of care. New chapters on Head and Neck Trauma, Chest and Abdominal Trauma, Toxicology, Diagnostic Imaging, Obstetrical Complaints, and more. Top 100 Secrets and Key Points boxes provide a fast overview of the secrets you must know for success in practice and on exams. Clear illustrations, figures, and flow diagrams expedite reference and review. Portable size makes it easy to carry with you for quick reference or review anywhere, anytime. An eBook version is included with purchase. The eBook allows you to access all of the text, figures, and references, with the ability to search, customize your content, make notes and highlights, and have content read aloud. · New chapters!o Urgent Care Medicine: the past, present, and futureo Head and Neck Traumao Chest and Abdominal Traumaο Toxicologyo General concepts in Diagnostic Imaging

Surgical Techniques in Sports Medicine Neal S. Elattrache,2007 Featuring more than 950 photographs and drawings—including 500 in full color—this text offers step-by-step instructions on techniques for performing common and complex sports medicine procedures in the upper and lower extremities. Noted experts who have developed or perfected these techniques guide the reader in stepwise detail through each procedure. Where appropriate, the book covers both open and arthroscopic techniques for each injury or problem. Coverage includes the most current and cutting-edge techniques as well as traditional tried and true procedures in operative sports medicine.

Reverse Shoulder Arthroplasty David M. Dines,Joshua Dines,T Bradley Edwards,2017-10-08 The definitive book on reverse shoulder arthroplasty from leading orthopaedic shoulder surgeons This masterful book from top experts provides clinical insights on reverse shoulder arthroplasty gleaned from hands-on

refinement of shoulder replacement techniques. Years of significant biomechanical and clinical research yielded invaluable knowledge that led to important improvements in functional outcome and implant durability. Among these refinements were stronger polyethylene derivatives, better ingrowth technology, and improved connection devices. As the durability and longevity of implant technology increased, younger active patients became suitable candidates for this procedure. In fact, RSA has played a pivotal role in making shoulder arthroplasty the fastest growing implant technology. In the first two sections, the authors take the reader through the history and evolution of RSA, followed by step-by-step surgical techniques for specific injuries and conditions. The next three sections discuss past and recent outcomes, complications, and rehabilitation. The last section covers special considerations including patient specific instrumentation, convertible humeral and glenoid components, and the future potential of stemless humeral technology. Key Features The latest trends in patient-specific components, guide systems, and instrument design The use of RSA for rotator cuff repair, shoulder arthritis, and acute and complex fractures In-depth discussion of techniques to improve deltoid function, avoid impingement, and increase implant longevity Clinical pearls on how to recognize and handle complications that occur: instability, infection, scapular notching, component loosening, glenoid and humeral bone loss, and RSA failure High quality videos and 300 superb illustrations further delineate techniques This book is a practical resource that enables learning complex procedures, putting them into practice, and handling complications should they arise. It is an essential tool for all orthopaedic surgeons who treat shoulder conditions.

Understanding Sports Coaching Tania Cassidy,Paul Potrac,Steven Rynne,2023-06-06 Every successful sports coach knows that good teaching and social practices are just as important as expertise in sports skills and tactics. Now in a fully revised and updated fourth edition, and introducing a new author team, *Understanding Sports Coaching* introduces theories and practices while exploring pedagogical, social and cultural concepts underpinning good sports coaching practice. Broken into four sections, *Understanding Sports Coaching* examines the complex interplay between coach, athlete, coaching programme and social context, and encourages coaches to develop an open and reflective approach to their own coaching practice. It covers key aspects of coaching theories and practice, including important and emerging topics, such as: • leadership • athlete learning • emotion in coaching • culture as meaning making • quality in coaching • talent identification and development • philosophy and sports coaching *Understanding Sports Coaching* also includes a full range of practical exercises and extended case studies designed to encourage coaches to critically reflect upon their own coaching strategies, their interpersonal skills and important issues in contemporary sports coaching. This is an essential textbook for any degree-level course in sports coaching, and for any professional coach looking to develop their coaching expertise.

Articular Cartilage, An Issue of Clinics in Sports Medicine Eric McCarty,2017-06-09 This issue of *Clinics in Sports Medicine*, edited by Eric McCarty, will cover a variety of useful topics related to Articular Cartilage. Articles include, but are not limited to: Basic science of articular cartilage; Non-operative options for management of articular cartilage disease; Biologic options for articular cartilage wear; Management of OCD lesions of the Knee; Elbow and Ankle, Microfracture; Osteochondral Autograft; Allografts; Autologous Chondrocytes and Next Generation Matrix based Autologous Chondrocyte Implantation; Management and surgical options for articular defects in the shoulder; and Management and surgical options for articular defects in the hip, among others.

Joint Disease in the Horse C. Wayne McIlwraith,David D Frisbie,Chris Kawcak,René van Weeren,2015-09-23 Dr. McIlwraith's *Joint Disease in the Horse*, 2nd Edition is the only book to give you a full account of equine joint disease, combining a thorough, up-to-date survey of scientific advances with a practical guide to both medical and surgical treatments. With contributions from nationally and internationally recognized pioneers in the field, this groundbreaking text offers an overview of joint structure and function and translates the latest information on basic joint pathobiology into practical application for the clinician. Step-by-step guidance on injection techniques and medications, along with a survey of practical arthroscopic surgery and developments, make it a truly indispensable reference for all equine veterinarians treating sports and racing horses. UNIQUE! Unprecedented, state-of-the-art coverage of the pathology, pathogenesis, and clinical diagnosis of traumatic and degenerative joint disease, so you stay in the know. Section on general principles of joint pathobiology provides the background to evaluate and interpret the diagnostic and surgical aspects of disease. Explores treatments for traumatic arthritis and osteoarthritis and other joint entities, offering a broad range of options and up-to-date recommendations for problematic decisions. Addresses recent advances and results in arthroscopic surgery for the acute injury and results including fragment removal, fragment fixation, and synovectomy. Discussion of current research provides insight for difficult cases and calls out the directions in which future arthritis research is headed. More than 325 photographs and line drawings help engage and guide you through procedures and treatments. NEW! Full color throughout with new artwork and a range of new images including radiographs showing both the normal and the disease progression. NEW! Practical step-by-step approach demonstrates the authors' preferred injections methods and shows underlying anatomic correlations. NEW and UPDATED! Restructured and substantially revised to emphasize treatment options, making it a practical, concise, and accessible reference and text. NEW! All-new chapters on drugs and new biological therapies, including stem cells, IRAP, and PRP and thoroughly updated coverage of HA and corticosteroids. NEW! Covers advanced imaging, giving you the latest information available. NEW! Expert advice from Dr. McIlwraith, three new co-editors, and new contributors - all distinguished specialists in the field of joint disease in the horse. Lameness and surgical clinicians describe how to approach the various, specific disease conditions. Equine specific radiologists provide their opinions on the best imaging techniques for defining the disease and making interpretations.

The SAGES Manual of Hernia Repair Brian P. Jacob,Bruce Ramshaw,2012-11-13 The *SAGES Manual of Hernia Repair* will serve as a state-of-the-art resource for hernia surgeons and residents alike who are interested in the rapidly evolving area of abdominal wall hernia repair. This manual captures and summarizes the current trends in the field, as well as describing the new ideas, programs, and strategies regarding hernia repair. Through a unique section called *Current Debates in Inguinal Hernia Repair*, this volume also provides readers an overview of the current opinions on many of the ongoing debates of this time period. Furthermore, the manual is lavishly illustrated, containing an array of instructional charts and photographs, and is authored by a panel of experts in hernia repair. Comprehensive and easily accessible, *The SAGES Manual of Hernia Repair* is a portable reference that will be of great value to all practicing surgeons and residents working in the field of abdominal wall hernia repair.

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