

Finger Rugby

Thomas M. Howard, Garry Wk Ho, Edward Josiah Lewis

Acute and Chronic Finger Injuries in Ball Sports Grégoire Chick,2013-07-09 Neglected finger injuries may lead to chronic lesions that often have detrimental consequences for the practice of a ball sport, whether at a recreational level or at the top athlete level. The initial injury management is crucial. Depending on the type and the severity of the lesions, different people may get involved: the players themselves or their entourage, physiotherapists, club doctors, emergency physicians, family doctors, sports doctors or hand surgeons. Treatment is usually conservative: the long fingers require rapid mobilization to prevent stiffness and contrary to that, the thumb requires stability. Surgery may be necessary to reach these goals especially for athletes, because of the demands of their sport. Chronic lesions are also in part related to repeated trauma, requiring specialized long-term multidisciplinary treatment. They can often lead to the end of a sporting career, but also may limit the functionality of the fingers at the time of conversion. Dr Chick is Consultant Hand Surgeon in Hôpital de la Tour (Geneva) and Clinique de Genolier, Switzerland, and Visiting Surgeon in Aspetar, Orthopaedic and Sports Medicine Hospital, Doha, Qatar.

Sports Hand and Wrist Injuries, An Issue of Clinics in Sports Medicine, E-Book Jonathan E. Isaacs,2014-12-24 Some common traumatic injuries in athletes include joint dislocations, sprains, muscle strains, broken bones, tendon inflammation, and ligament tears. The most common fracture injury in the athletic population occurs in the fingers. Articles included in this issue are: The challenges of treating athletes- Sport specific injuries, Wrist ligament injuries, Scaphoid fractures, Carpal fractures other than scaphoid, Thumb UCL and RCL injuries, Ulnar sided wrist pain in the athlete and many more!

Hand and Wrist Injuries In Combat Sports Riccardo Luchetti,Loris Pegoli,Gregory I. Bain,2018-10-17 This well-illustrated book describes the injuries to the hand and wrist that are commonly encountered among participants in combat sports, explaining the mechanisms of injury and offering state of the art guidance on diagnosis and treatment. It covers both injuries characteristic of individual sports, such as kendo, karate, judo, jiu-jitsu, aikido, and mixed martial arts, and pathologies encountered across the full range of combat sports, including boxing, wrestling, and taekwondo. In addition to management, careful attention is paid to rehabilitation following injury and to psychological aspects of recovery from injury. The book is the result of a collaboration with the International Society for Sport Traumatology of the Hand (ISSPORTH) and has been designed to meet the needs of all practitioners who work with combat sports athletes. While especially helpful for surgeons, physicians, therapists, and rehabilitators, it will also be of value to coaches, trainers, and players. The authors are leading international experts in the field who have been involved with international societies and in some cases have personal experience of combat sports at a high level.

Sports Injuries Michael Hutson,Cathy Speed,2011-03-17 This title provides the reader with an understanding of the nature of injuries sustained in, or as the result of sport, and how to recognize and treat such injuries.

Everyday Sports Injuries DK,2010-10-18 More people than ever before are regularly taking part in recreational sports, often gaining enormous health benefits from their chosen activity. But sports also carry the risk of injury, and each year there are millions of injuries as a result of physical activity in the US alone. Sports Injuries is a practical guide to recognizing, treating, and preventing injury, with the goal of getting the sportsperson back in action as soon as possible. Sports Injuries starts with tips and advice on preparing for sports to reduce the risk of injury. Many of the most popular sports-from snowboarding and surfing to soccer and tennis-are highlighted in a directory that pinpoints areas of the body most at risk of injury, and how to minimize the risks. The injuries

section is a practical guide to the recognition, prevention, and treatment of sports injuries. Organized anatomically, each injury is described along with the causes and symptoms. There is instant advice on first aid, along with practical recovery programs for each injury. Clear cross-references take the reader to a step-by-step exercise section at the end of the book. This section details 150 routines that will help people return to their sporting activity as soon as possible.

Fractures in Sport Greg A. J. Robertson, Nicola Maffulli, 2021-07-29 This textbook provides a practically applicable sport-centred guide to fracture management for athletes. It features extensive evidence-based guidance on how fracture management can be adapted in athletic patients, to facilitate an accelerated return to sport. Descriptions of a variety of both acute and stress fracture types are included, covering both the appendicular and axial skeleton, in locations such as the shoulder, knee, ankle and spine. Throughout the book, the focus is on enabling the reader to develop a deeper understanding of the ideal management principles that are available for managing fractures in high-functioning patients. *Fractures in Sport* comprehensively covers the available strategies for managing fractures in professional and amateur athletes, and is ideal for use by practising and trainee orthopaedic surgeons, sports physicians, and general practitioners.

Sports Medicine Ramon Hines, 2018-01-24 The phrase Sports Medicine is not specific to one career/profession. It instead, encompasses a group of professionals from various disciplines whose focus is the health of an athlete. Athletes can be all ages and play on all different levels. A person interested in becoming an orthopedic sports medicine specialist must complete four years of medical school. After their undergraduate schooling is completed, training continues with a five-year residency in orthopedics. In order to sub-specialize, which is the case with an orthopedic sports medicine, another two to four years of training is required. This book is a practical guide to the field of sports science and the treatment of sports injuries. Written for students in sports science and medicine, trainees and specialists in sports medicine and related disciplines. The book presents the clinical management of both acute and chronic sports injuries and medical problems alongside the background and basic science of sports medicine. Hopefully the present book will be useful for the students of physical education and sports sciences and other related courses.

Sports Biomechanics Melanie Bussey, 2013-06-17 When working with sports men and women, the biomechanist is faced with two apparently incompatible goals: reducing injury risk and improving sports performance. Now in a fully updated and revised edition, *Sports Biomechanics* introduces the fundamental principles that underpin our understanding of the biomechanics of both sports injury and performance, and explains how contemporary biomechanical science can be used to meet both of those goals simultaneously. The first four chapters of this book look closely at sports injury, including topics such as the properties of biological materials, mechanisms of injury occurrence, risk reduction, and the estimation of forces in biological structures. The last four chapters concentrate on the biomechanical enhancement of sports performance including analytical techniques, statistical and mathematical modelling of sports movements, and the use of feedback to enhance sports performance. Drawing on the very latest empirical and epidemiological data, and including clear concise summaries, self test questions and guides to further reading in every chapter, this book is essential reading for all advanced undergraduate and postgraduate students with an interest in biomechanics, sports injury, sports medicine, physical therapy or performance analysis. Visit the companion website at www.routledge.com/cw/bartlett

Sports Medicine Dr. Aruna Dogra, 2021-05-17 Sports medicine, also known as Sport and Exercise Medicine (SEM), is a branch of medicine that deals with

physical fitness and the treatment and prevention of injuries related to sports and exercise. Although most sports teams have employed team physicians for many years, it is only since the late 20th century that sports medicine has emerged as a distinct field of health care. Sports medicine specializes in preventing, diagnosing and treating injuries related to participating in sports and/or exercise, specifically the rotation or deformation of joints or muscles caused by engaging in such physical activities. The sports medicine team includes specialty physicians and surgeons, athletic trainers, physical therapists, coaches, other personnel as well as the athlete himself/herself. Because of the competitive nature of sports, a primary focus of sports medicine is the rapid recovery of patients, which drives many innovations in the field. Sports, medicine tries to provide the environment so that one's genetic potentials are fully realized. Any disease or injury that has the potential to influence the sports performance is covered under sports injuries. The present book not only describes sports injuries in simple language but also the mechanism of such injuries.

Nuclear Medicine and Radiologic Imaging in Sports Injuries Andor W.J.M. Glaudemans,Rudi A.J.O. Dierckx,Jan L.M.A. Gielen,Johannes (Hans) Zwerver,2015-06-12 This comprehensive book describes in detail how nuclear medicine and radiology can meet the needs of the sports medicine physician by assisting in precise diagnosis, clarification of pathophysiology, imaging of treatment outcome and monitoring of rehabilitation. Individual sections focus on nuclear medicine and radiologic imaging of injuries to the head and face, spine, chest, shoulder, elbow and forearm, wrist and hand, pelvic region, knee, lower leg, ankle and foot. The pathophysiology of sports injuries frequently encountered in different regions of the body is described from the perspective of each specialty, and the potential diagnostic and management benefits offered by the new hybrid imaging modalities – SPECT/CT, PET/CT, and PET/MRI – are explained. In addition, a range of basic and general issues are addressed, including imaging of the injuries characteristic of specific sports. It is hoped that this book will promote interdisciplinary awareness and communication and improve the management of injured recreational or elite athletes.

Instructions for Sports Medicine Patients Marc Safran, MD,James E. Zachazewski,David A. Stone, MD,2011-09-06 Instructions for Sports Medicine Patients provides step-by-step guidance for your patients to save time and eliminate the risk of miscommunication. Marc Safran and James E. Zachazewski present the combined perspectives of both an orthopaedic sports medicine physician and a physical therapist for a balanced approach to therapeutic practices. The updated second edition covers additional topics so that you stay current and have the best treatment options at your fingertips. You'll have over 300 rehabilitation exercises with detailed drawings and descriptions, all downloadable from www.expertconsult.com. Ensure that your patients comply with therapeutic instructions and recover more quickly from chronic ankle instability, tennis elbow, and more. Access the fully searchable contents on CD, along with all topics printable as PDFs for fast and easy access to the instructions you need. Provide over 300 rehabilitation exercises with detailed drawings and descriptions that are easy for the patient to follow at home. Customize patient handouts with special instructions through an adaptable notes area. Benefit from the perspectives of an orthopedic sports medicine physician and a physical therapist for balanced guidelines for the patient to follow. Stay at the forefront of therapy and practice with coverage of additional new topics-flexor hallucis longus tendonitis, hip labral tear, femoroacetabular impingement, ligamentum teres tear, hip instability, stiff (frozen) shoulder, hip arthroscopy SLAP lesion, Bennett lesion, thrower's shoulder, exercise with a joint replacement (arthroplasty), trochanteric bursitis, and viscosupplementation. Save time in finding the right treatment using an expanded table of contents that references both the common and scientific names of each condition. Help your patients understand instructions thanks to material at a 6th grade reading level for easy comprehension.

Sports Medicine Consult Brian D. Busconi, J. Herbert Stevenson, 2009 This book provides clinicians treating athletes at the point of care with concise, practical keys to evaluation and functional treatment of sports-related problems. It is organized by chief complaint and guides clinicians to a rational differential diagnosis, a thorough history and physical exam, appropriate diagnostic testing, an accurate diagnosis, a sports-specific treatment plan, and safe return-to-play recommendations. Bulleted sections, icons, and a uniform layout help readers quickly find key information to make a diagnosis, order tests, initiate treatment, recognize indications for referral, and identify red flags. Appendices describe injection techniques and detail progressive return-to-play programs for throwing and running athletes.

100 Questions & Answers about Your Sports Injury Thomas M. Howard, Garry Wk Ho, Edward Josiah Lewis, 2008 Anyone who has been injured playing a sport, as well as those involved in administration of sports teams, will appreciate *100 Questions & Answers About Your Sports Injury*. This title answers the most common questions that patients and their families ask about their sports injury. Use this title as helpful reference during and after game-time.

Musculoskeletal Sports and Spine Disorders Stuart B. Kahn, Rachel Yinfei Xu, 2018-02-08 Fulfilling the need for an easy-to-use resource on managing musculoskeletal disorders and sports injuries, this book provides differential diagnostic workups with recommended gold standard evaluations that lead to a simple and accurate diagnosis, followed by first-line treatment options. Organized by five sections - head and neck, upper extremity, lower extremity, abdomen/pelvis with trunk and chest, and cervical, thoracic and lumbosacral spine - chapters present a concise summary and move on to a description of the most common symptoms, etiology, epidemiology and/or common causes if traumatic in nature. The best and most accepted diagnostic tests are illustrated, along with recommended evidence-based medicine and what may be done based on community standards of care. Treatment options will be listed in order of the most conservative to the most aggressive. This complete reference will provide primary care, physiatry, and ER physicians, residents, PA's and students a simple and practical approach for clinical and academic use.

Orthopaedic Rehabilitation of the Athlete Bruce Reider, George Davies, Matthew T Provencher, 2014-12-15 Prevent athletic injuries and promote optimal recovery with the evidence-based guidelines and protocols inside *Orthopaedic Rehabilitation of the Athlete*! Practical, expert guidance; a templated, user-friendly format make this rehab reference ideal for any practitioner working with athletes! Consult this title on your favorite e-reader, conduct rapid searches, and adjust font sizes for optimal readability. Apply targeted, evidence-based strategies for all internationally popular athletic activities, including those enjoyed by older adults. Ensure optimal care from injury prevention through follow up 2 years post injury. Make safe recommendations for non-chemical performance enhancement.

Sports Rehabilitation and Injury Prevention Paul Comfort, Earle Abrahamson, 2010-12-01 This text provides a comprehensive, practical, evidence-based guide to the field. It covers each stage of the rehabilitation process from initial assessment, diagnosis and treatment, to return to pre-injury fitness and injury prevention. Presenting a holistic approach, this text also addresses the nutritional and psychological aspects of the rehabilitation process for the amateur sports enthusiast as well as elite athletes. Divided into five parts, Parts I, II and III cover screening and assessment, the pathophysiology of sports injuries and healing and the various stages of training during the rehabilitation process. Part IV covers effective clinical decision making, and Part V covers joint specific injuries and pathologies in the shoulder, elbow wrist and hand, groin and knee. Key features: Comprehensive. Covers the complete process from diagnosis and

treatment to rehabilitation and prevention of injuries. Practical and relevant. Explores numerous real world case studies and sample rehabilitation programmes to show how to apply the theory in practice. Cutting Edge. Presents the latest research findings in each area to provide an authoritative guide to the field.

5-Minute Sports Medicine Consult Suraj Achar, 2019-03-25 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.

Sports Biomechanics Melanie Bussey, 2002-09-11 This advanced text is the companion volume to Introduction to Sports Biomechanics, also written by Roger Bartlett. Focussing on third year undergraduate and postgraduate topics the text explores sports injury in relation to biomechanics. Part One presents a detailed examination of sports injury, including the properties of biological materials, mechanisms of injury occurrence, risk reduction, and the estimation of forces in biological structures. Part Two concentrates on the biomechanical enhancement of sports performance and covers in detail the analysis of sports technique, statistical and mathematical modelling of sports movements, and the feedback of results to improve performance. Each chapter feature an introduction, summary, references, example exercises and suggestions for further reading, making this an invaluable textbook for students who wish to specialize in sports biomechanics or sports injury and rehabilitation.

Living with Sports Injuries Clifford D. Stark, Elizabeth Shimer Bowers, 2010 Each year, approximately 30 million students participate in organized sports in the United States, and an estimated 20 percent experience sports-related injuries.

Sports Injuries in Children and Adolescents Apostolos H. Karantanas, 2011-03-03 The incidence of acute and overuse sports injuries in children and

adolescents are increasing. Radiologists need to be familiar with the advantages and limitations of the various imaging modalities used to evaluate the injured young athlete. This book, written by leading experts from Europe and the United States, covers a wide spectrum of sports injuries seen in children and adolescents. The first part comprises a series of introductory chapters on topics such as the clinician’s viewpoint, normal anatomy and variants, the imaging of articular cartilage, and the current role of ultrasonography. In subsequent chapters, each important site of injury is considered individually with the aid of informative images. The final part of the book resembles an atlas and presents the most commonly encountered injuries in the popular sports of football, skiing, water sports, tennis, and gymnastics. Throughout, particular attention is paid to the most recent advances in knowledge and imaging.

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