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The work of a sports therapist is highly technical and requires a confident, responsible and professional approach. The Routledge Handbook of Sports Therapy, Injury Assessment and Rehabilitation is a comprehensive and authoritative reference for those studying or working in this field and is the first book to comprehensively cover all of the following areas: Sports Injury Aetiology Soft Tissue Injury Healing Clinical Assessment in Sports Therapy Clinical Interventions in Sports Therapy Spinal and Peripheral Anatomy, Injury Assessment and Management Pitch-side Trauma Care Professionalism and Ethics in Sports Therapy The Handbook presents principles which form the foundation of the profession and incorporates a set of spinal and peripheral regional chapters which detail functional anatomy, the injuries common to those regions, and evidence-based assessment and management approaches. Its design incorporates numerous photographs, figures, tables, practitioner tips and detailed sample Patient Record Forms. This book is comprehensively referenced and multi-authored, and is essential to anyone involved in sports therapy, from their first year as an undergraduate, to those currently in professional practice. Specialised chapters about biomechanics, paediatric spinal cord injury and high cervical injuries Insight into the lived experience of individuals with a spinal cord injury Documentation of the patient journey from injury to total rehabilitation Practical information on mobility devices and returning to driving Appendix of common assessments for spinal cord injuries Includes an eBook with purchase of the print book Research into the rehabilitation of individuals following Traumatic Brain Injury (TBI) in the past 15 years has resulted in greater understanding of the condition. The second edition of this book provides an updated guide for health professionals working with individuals recovering from TBI. Its uniquely clinical focus provides both comprehensive background information, and practical strategies for dealing with common problems with thinking, memory, communication, behaviour and emotional adjustment in both adults and children. The book addresses a wide range of challenges, from those which begin with impairment of consciousness, to those occurring for many years after injury, and presents strategies for maximising participation in all aspects of community life. The book will be of use to practising clinicians, students in health disciplines relevant to neurorehabilitation, and also to the families of individuals with traumatic brain injury. This issue will focus on traumatic brain injury and will include articles on the following: Pathophysiology of TBI; Acute Management of Moderate-Severe TBI; Disorder of Consciousness; Rehabilitation of Moderate-Severe TBI; Acute Diagnosis and Management of Concussion; Rehabilitation of Persistent Symptoms after Concussion Chronic Traumatic Encephalopathy; Unique Aspect of TBI in the Military and Veteran; and many more! The psychological effects of traumatic brain injury (TBI) provide a major challenge to rehabilitation services. This text will increase understanding of the nature of these effects and provide practical guidance from experienced practitioners about psychological interventions for use in both rehabilitation and long-term adjustment. Provides practical guidance and illustrative case examples from experienced practitioners. Structured around five main areas: overview of psychological effects and services; cognitive rehabilitation; managing emotional and behavioural problems; vocational rehabilitation; and family impact and interventions. Physical Rehabilitation of the Injured Athlete is a medical reference book that equips you to apply today's hottest strategies in non-operative sports rehabilitation, so you can help your patients return to play as quickly and fully as possible. Send your players back to the field fast with the latest strategies in non-operative sports rehabilitation.

Get balanced, dependable guidance on sports rehabilitation from a multidisciplinary author team that contributes perspectives from orthopaedics and sports medicine, athletic training, and physical therapy. Ensure effective treatment planning with a stronger emphasis on evidence-based practice. Master the latest with brand-new chapters on Developing Treatment Pathways, Biomechanical Implications in Shoulder and Knee Rehabilitation, Temporomandibular Rehabilitation, Thigh Rehabilitation, Gait Assessment, Functional Movement Assessment, and Plyometric Training Drills. Access the fully searchable text, downloadable image bank, and 9 online-only appendices at [www.expertconsult.com](http://www.expertconsult.com). Andrews provides evidence-based guidance for sports medicine rehabilitation. These guidelines cover patients returning to employment, education, training and vocational rehabilitation and assessment after brain injury. One of the world's leading authorities in spinal cord injury, and a participant in the Human Brain Project brings you an evidenced-based guide to the state-of-the-art in spinal cord rehabilitation. She has assembled an expert team of clinicians, each with expertise in the content areas they address. Their work encompasses all of the new scientific knowledge and technological advances practitioners need to know to determine the most effective rehabilitation interventions for each patient and to attain maximum restoration of function in individuals with SCI. Rehabilitation is, by definition, the restoration of optimal form and function for an athlete. In this edition in the Encyclopedia series, the editor and contributors advocate that rehabilitation should begin as soon as possible after the injury occurs, alongside therapeutic measures such as anti-inflammatories and other pain killing agents. This might also begin before, or immediately after, surgery. The rehabilitative process is therefore managed by a multi-disciplinary team, including physicians, physiotherapists, psychologists, nutritionists, and athletic trainers, among others. This book considers the three phases of rehabilitation: pain relief, protection of the affected area and limitation of tissue damage; limitation of impairment and recovery of flexibility, strength, endurance, balance and co-ordination; and finally the start of conditioning to return to training and competition. Covering the full spectrum of rehabilitation after traumatic brain injury, this practical reference by Drs. Blessen C. Eapen and David X. Cifu presents best practices and considerations for numerous patient populations and their unique needs. In an easy-to-read, concise format, it covers the key information you need to guide your treatment plans and help patients relearn critical life skills and regain their independence. Covers neuroimaging, neurosurgical and critical care management, management of associated complications after TBI, pharmacotherapy, pain management, sports concussion, assistive technologies, and preparing patients for community reintegration. Discusses special populations, including pediatric, geriatric, and military and veteran patients. Consolidates today's available information and guidance in this challenging and diverse area into one convenient resource. Providing the information required to understand, advocate for, and supply post-acute vision rehabilitative care following brain injury, *Vision Rehabilitation: Multidisciplinary Care of the Patient Following Brain Injury* bridges the gap between theory and practice. It presents clinical information and scientific literature supporting the diagnostic and therapeutic strategies applied in a comprehensive overview of current diagnostic and treatment strategies in adult post-brain injury vision rehabilitation. Includes a foreword by Dr. Sue Barry. Because post-brain injury rehabilitation works best in a team setting where the entire person can be treated, this text has been carefully designed as a multidisciplinary resource with an emphasis on models for working with the rehabilitation team. The book

covers a myriad of topics such as post-brain injury vision rehabilitation; eye movements; binocular dysfunction; visual field loss; visual-spatial neglect; shifts in visual egocenter affecting balance and coordination; visual-vestibular interactions; central vs. peripheral visual attention; as well as deficits in object perception, visual memory, and visual cognition. The book details models that vision specialists working with the rehabilitation team can use to achieve the best success for the patient in rehabilitation; vision rehabilitation concepts and the science from which they have been developed; examples of therapeutic exercises; practice management information for the post-brain injury vision rehabilitation practice; and information on the legal process in which one frequently becomes involved in this type of work. Edited by eminent clinicians, the book highlights the work of contributors who are well-respected academicians and researchers, bringing together the clinical information that enables everyone involved in a brain injury case to grasp the diagnostic and therapeutic strategies. World-class rehabilitation of the injured athlete integrates best practice in sports medicine and physical therapy with training and conditioning techniques based on cutting-edge sports science. In this ground-breaking new book, leading sports injury and rehabilitation professionals, strength and conditioning coaches, biomechanists and sport scientists show how this integrated model works across the spectrum of athlete care. In every chapter, there is a sharp focus on the return to performance, rather than just a return to play. The book introduces evidence-based best practice in all the core areas of sports injury risk management and rehabilitation, including: performance frameworks for medical and injury screening; the science of pain and the psychology of injury and rehabilitation; developing core stability and flexibility; performance retraining of muscle, tendon and bone injuries; recovery from training and rehabilitation; end-stage rehabilitation, testing and training for a return to performance. Every chapter offers a masterclass from a range of elite sport professionals, containing best practice protocols, procedures and specimen programmes designed for high performance. No other book examines rehabilitation in such detail from a high performance standpoint. Sports Injury Prevention and Rehabilitation is essential reading for any course in sports medicine and rehabilitation, strength and conditioning, sports science, and for any clinician, coach or high performance professional working to prevent or rehabilitate sports injuries. Since the bestselling second edition was published almost a decade ago, the field of brain injury treatment has undergone tremendous change, largely impacting access to treatment. But, while the healthcare marketplace has evolved, the needs of brain injury victims remain the same. With updated and expanded clinical coverage, *Traumatic Brain Injury: Rehabilitation, Treatment, and Case Management, Third Edition* delineates a broad spectrum of advanced theoretical clinical constructs and detailed diagnostic and treatment interventions for traumatic brain injury. Details Specific Diagnostic and Treatment Approaches for Nearly All Aspects of Dysfunction Observed Following Brain Injury With contributions from more than 50 authorities in both academia and industry, this highly respected text stands apart as a clinical guide to rehabilitative treatment of persons with traumatic brain injury following the acute phase of treatment. It provides a concise source of information about the scientific and therapeutic realms involved in the rehabilitation of a person with traumatic brain injury, specifically as they relate to persistent deficits. The book also details long-term consequences of brain injury and effective approaches to vocational rehabilitation and case management. Widening coverage from the previous edition, this book includes details on: Metabolic and bioenergetic factors in brain

injury Neuroendocrine dysfunction following brain injury Blast injury Ethical issues in treatment of brain injury Neuropharmacological and neuropsychological interventions following brain injury Interventions for the minimally conscious patient Dietary and exercise considerations after brain injury Traumatic Brain Injury: Rehabilitation, Treatment, and Case Management, Third Edition is a complete source of pharmacological, anatomical, and physiological information for basic therapeutic rationales that are often not well understood in the field. It is an ideal reference for both new and experienced clinicians. Extensively illustrated and easy to use, this practical resource offers clear guidelines and step-by-step sequences for moving and working with individuals with differing levels of paralysis. It serves as both an ideal student textbook and a valuable clinical manual for therapists who see tetraplegic and paraplegic patients. Clear, practical, concise chapters present important information in an easily understandable approach. Spiral-bound format enables the book to lay flat for easy reference in the clinical setting or classroom. Excellent coverage of wheelchairs and wheelchair management is included. All illustrations have been redrawn for increased clarity, to enhance the clinical usefulness of this resource. Audit and evidence-based practice is incorporated throughout. Discussion of patient empowerment is included. The chapter on hands has been expanded to provide more in-depth coverage of this important topic. New discussion of levers has been added to this edition. New chapter on aging offers insight and considerations for treating aging and elderly patients with spinal cord injury. Expanded section on equipment provides details on current and state-of-the-art equipment used in practice. Long recognized as an essential reference for therapists and surgeons treating the hand and the upper extremity, *Rehabilitation of the Hand and Upper Extremity* helps you return your patients to optimal function of the hand, wrist, elbow, arm, and shoulder. Leading hand surgeons and hand therapists detail the pathophysiology, diagnosis, and management of virtually any disorder you're likely to see, with a focus on evidence-based and efficient patient care. Extensively referenced and abundantly illustrated, the 7th Edition of this reference is a "must read" for surgeons interested in the upper extremity, hand therapists from physical therapy or occupational therapy backgrounds, anyone preparing for the CHT examination, and all hand therapy clinics. Offers comprehensive coverage of all aspects of hand and upper extremity disorders, forming a complete picture for all members of the hand team—surgeons and therapists alike. Provides multidisciplinary, global guidance from a Who's Who list of hand surgery and hand therapy editors and contributors. Includes many features new to this edition: considerations for pediatric therapy; a surgical management focus on the most commonly used techniques; new timing of therapeutic interventions relative to healing characteristics; and in-print references wherever possible. Features more than a dozen new chapters covering Platelet-Rich Protein Injections, Restoration of Function After Adult Brachial Plexus Injury, Acute Management of Upper Extremity Amputation, Medical Management for Pain, Proprioception in Hand Rehabilitation, Graded Motor Imagery, and more. Provides access to an extensive video library that covers common nerve injuries, hand and upper extremity transplantation, surgical and therapy management, and much more. Helps you keep up with the latest advances in arthroscopy, imaging, vascular disorders, tendon transfers, fingertip injuries, mobilization techniques, traumatic brachial plexus injuries, and pain management—all clearly depicted with full-color illustrations and photographs. A

COMPREHENSIVE RESISTANCE BAND PROGRAM FOR RECOVERING FROM INJURY AND STAYING PAIN-FREE AND

HEALTHY Ranging in intensity from super easy to extremely hard, the resistance band exercises in this book are sure to effectively and safely help you overcome any injury by building up strength and stability over time. Each section of the book by Dr. Karl Knopf targets a specific body part, with detailed anatomical information and easy-to-follow recovery routines for: • Neck • Shoulders • Elbows • Wrists & Hands • Lower Back • Hips • Knees • Ankles & Feet Whether you're looking to reduce pain, transform troublesome muscles, or get back in the game, Injury Rehab with Resistance Bands provides rehab techniques for your exact injury, including: • Arthritis & Tendinitis • Bursitis & Fasciitis • Ligament & Meniscus Injuries • Sprains & Strains • Carpal Tunnel Syndrome • Rotator Cuff Injuries Represents collaboration among orthopaedists, physical trainers, and athletic trainers. It reviews the rehabilitation needs for all types of sports injuries, stressing the treatment of the entire kinetic chain with various exercises. Chapters have been extensively revised, featuring new concepts and techniques. The 3rd edition includes four new chapters (Proprioception and Neuromuscular Control; Cervical Spine Rehabilitation; Functional Training and Advanced Rehabilitation; and Plyometrics), new contributors and new features, such as summary boxes and tables. An updated edition of the best-selling guide on the science of effective stretching—with detailed anatomical illustrations and guidance on proper form, sports injury recovery, and more The multiple stresses of contemporary life—whether from excessive sports play, overwork, or overuse of technology—are increasingly taking a toll on the body. Symptoms range from muscle soreness and pain to pinched nerves to potentially more permanent disabilities, including serious body injuries. One safe, quickly productive way to address the problem is through a simple therapy that can be done anywhere, anytime, and without special equipment: stretching. This new edition of Brad Walker's best-selling book on the subject presents 135 unique stretching exercises designed to help repair the body and make it more flexible, fit, and relaxed. Organized by body part, The Anatomy of Stretching presents stretching exercises in a uniform style accompanied by full-color anatomical illustrations. Equally useful for fitness fans, pro or amateur athletes, coaches and personal trainers, and healthcare practitioners, this new edition contains: • Step-by-step instructions for 20 new stretches • An expanded physiology and anatomy information • A revised numbering system that makes the stretches easier to reference • An expanded appendix with more resources on stretches for athletes and sports injuries Also featuring detailed descriptions of important principles of anatomy and physiology, The Anatomy of Stretching, Second Edition is the ultimate guide to improving flexibility, increasing strength, and relieving pain through stretching. Rehabilitation For Traumatic Brain Injury (TBI) is a state-of-the-science review of the effectiveness of rehabilitation interventions. Leading experts conduct evidence-based reviews of specific areas of brain injury rehabilitation summarizing what is known in each area, critiquing the methodological problems of studies in the area, and then outlining new directions for research. The book begins with a review of the history of rehabilitation for TBI from World War I until the present. The second section of the book examines the rehabilitation of specific cognitive impairments in awareness, memory, executive functioning, communication, and emotion and behavior. The third section investigates special topics in rehabilitation of persons with TBI including substance abuse, interventions for caregivers, and vocational rehabilitation. The fourth section of the book covers rehabilitation with specific populations: children, older adults, and persons from diverse cultures. The final section examines topics in

medical rehabilitation including treatment of spasticity, minimally conscious patients, and the contribution of neuroimaging to rehabilitation. Research into the rehabilitation of individuals following Traumatic Brain Injury (TBI) in the past 15 years has resulted in greater understanding of the condition. The second edition of this book provides an updated guide for health professionals working with individuals recovering from TBI. Its uniquely clinical focus provides both comprehensive background information, and practical strategies for dealing with common problems with thinking, memory, communication, behaviour and emotional adjustment in both adults and children. The book addresses a wide range of challenges, from those which begin with impairment of consciousness, to those occurring for many years after injury, and presents strategies for maximising participation in all aspects of community life. The book will be of use to practising clinicians, students in health disciplines relevant to neurorehabilitation, and also to the families of individuals with traumatic brain injury.

"Sport, physical activity and play are key constituents of social life, impacting Athletes routinely use psychological skills and interventions for performance enhancement but, perhaps surprisingly, not always to assist in recovery from injury. This book demonstrates the ways in which athletes and practitioners can transfer psychological skills to an injury and rehabilitation setting, to enhance recovery and the well-being of the athlete. Drawing on the very latest research in sport and exercise psychology, this book explores key psychological concepts relating to injury, explaining typical psychological responses to injury and psychological aspects of rehabilitation. Using case studies in every chapter to highlight the day-to-day reality of working with injured athletes, it introduces a series of practical interventions, skills and techniques, underpinned by an evidence-base, with a full explanation of how each might affect an athlete's recovery from injury. The Psychology of Sport Injury and Rehabilitation emphasises the importance of an holistic, multi-disciplinary approach to sports injury and rehabilitation. No other book examines the psychological aspects of both sports injury and the rehabilitation process, and therefore this is an essential resource for students, scholars and practitioners working in sport psychology, sports therapy, sports medicine or coaching"-- Mary Bromiley's book remains essential reading for both professionals and the general riding community. This new edition builds on the huge success of the previous editions, first published in 1987. Fully updated to reflect recent technological advances in diagnostic ability, as well as the proven physiological effects of light, magnetic fields and electrical currents on body tissues. This information allows readers to both understand and make an informed choice of appropriate therapy following a diagnosed injury. The original edition was the first book on the subject and it has continued to be a bestseller. Covers a subject that is of worldwide interest. The author is recognised as a pioneer at the forefront of this type of treatment. About twenty percent of patients with acquired brain injury suffer from visual deficits; the examination and treatment of these patients therefore represents a particular challenge in its own right. Furthermore, adequate visual perception is a crucial prerequisite for almost all cognitive and motor activities. Despite a long research tradition in visual neuroscience, the rehabilitation of cerebral visual deficits has, until recently, been neglected. This book is the first to report systematic observations on spontaneous recovery of cerebral visual deficits after acquired brain injury, and the outcome of treating these deficits. The whole range of human visual functions and capacities is covered: visual field, visual acuity and contrast sensitivity, visual adaptation, color vision, visual space perception, and visual cognition. Additionally, there is a special section

devoted to patients with central scotoma. All treatment procedures described are empirically founded. This highly innovative contribution to neuropsychological rehabilitation shows that the study of restitution and compensation of impaired and lost brain functions represents a unique opportunity to increase our understanding of brain plasticity. Of interest to both the practitioner and the scientist, it aims to stimulate further developments and improvements in the field. From a hospital admittance to discharge to outpatient rehabilitation, *Spinal Cord Injuries* addresses the wide spectrum of rehabilitation interventions and administrative and clinical issues specific to patients with spinal cord injuries. Comprehensive coverage includes costs, life expectancies, acute care, respiratory care, documentation, goal setting, clinical treatment, complications, and activities of daily living associated with spinal cord patients. In addition to physical therapy interventions and family education components, this resource includes content on incidence, etiology, diagnosis, and clinical features of spinal cord injury. Case Studies with clinical application thinking exercises help you apply knowledge from the book to real life situations. Thoroughly referenced, evidence-based content provides the best evidence for treatment based on the most current research. Tables and boxes throughout each chapter organize and summarize important information for quick reference. Clinical Note boxes provide at-a-glance access to helpful tips. Over 500 clinical photos, line drawings, radiographs, and more bring important concepts to life. Highly respected experts in spinal cord injury rehabilitation, editors Sue Ann Sisto, Erica Druin, and Martha Sliwinski, provide authoritative guidance on the foundations and principles of practice for spinal cord injury. Companion DVD includes video clips of the techniques described throughout the book that demonstrate how to apply key concepts to practice. While brain injury can be a potentially devastating childhood medical condition this book explores the developing field of neuropsychology to suggest it is not inevitable. It draws together contributions from leading international clinicians and researchers to provide an authoritative guide to help children with brain injury using neuropsychology. This innovative book presents the latest insights into hamstring strain injuries (HSI), one of the most common problems in elite and recreational sport, with a unique focus on prevention and rehabilitation. The research within this area has evolved rapidly over the past 10 years and this text offers a comprehensive overview of the recent and most relevant advances. It fills a gap in the literature, since other books focus on muscle injuries in general and their surgical treatment. Structured around the current evidence in the field, it includes sections on functional anatomy and biomechanics; basic muscle physiology in relation to injury and repair; assessment of risk factors; and factors associated with hamstring strains. It also discusses considerations in relation to acute and chronic injuries and hamstring injury prevention, including pre-season and in-season interventions, as well as management strategies and rehabilitation protocols. The final chapter is devoted to additional interventions when conservative rehabilitation and injury prevention fail. Written by renowned experts in the field, this book will be of great interest to sports physiotherapists, sports physicians, physical trainers and coaches. Providing the information required to understand, advocate for, and supply post-acute vision rehabilitative care following brain injury, *Vision Rehabilitation: Multidisciplinary Care of the Patient Following Brain Injury* bridges the gap between theory and practice. It presents clinical information and scientific literature supporting the diagnostic and therapeutic strategies applied in a comprehensive overview of current diagnostic and treatment strategies in adult post-brain injury vision rehabilitation. Includes a

foreword by Dr. Sue Barry Because post-brain injury rehabilitation works best in a team setting where the entire person can be treated, this text has been carefully designed as a multidisciplinary resource with an emphasis on models for working with the rehabilitation team. The book covers a myriad of topics such as post-brain injury vision rehabilitation; eye movements; binocular dysfunction; visual field loss; visual-spatial neglect; shifts in visual egocenter affecting balance and coordination; visual-vestibular interactions; central vs. peripheral visual attention; as well as deficits in object perception, visual memory, and visual cognition. The book details models that vision specialists working with the rehabilitation team can use to achieve the best success for the patient in rehabilitation; vision rehabilitation concepts and the science from which they have been developed; examples of therapeutic exercises; practice management information for the post-brain injury vision rehabilitation practice; and information on the legal process in which one frequently becomes involved in this type of work. Edited by eminent clinicians, the book highlights the work of contributors who are well-respected academicians and researchers, bringing together the clinical information that enables everyone involved in a brain injury case to grasp the diagnostic and therapeutic strategies. Updated with the latest in contemporary science and peer-reviewed data, *Therapeutic Exercise for Musculoskeletal Injuries, Fourth Edition*, prepares students for real-world applications while serving as a referential cornerstone for experienced rehabilitation clinicians. Covering the full spectrum of rehabilitation after traumatic brain injury, this practical reference by Drs. Blessen C. Eapen and David X. Cifu presents best practices and considerations for numerous patient populations and their unique needs. In an easy-to-read, concise format, it covers the key information you need to guide your treatment plans and help patients relearn critical life skills and regain their independence. Covers neuroimaging, neurosurgical and critical care management, management of associated complications after TBI, pharmacotherapy, pain management, sports concussion, assistive technologies, and preparing patients for community reintegration. Discusses special populations, including pediatric, geriatric, and military and veteran patients. Consolidates today's available information and guidance in this challenging and diverse area into one convenient resource. "Injury is a public health problem whose toll is unacceptable," claims this book from the Committee on Trauma Research. Although injuries kill more Americans from 1 to 34 years old than all diseases combined, little is spent on prevention and treatment research. In addition, between \$75 billion and \$100 billion each year is spent on injury-related health costs. Not only does the book provide a comprehensive survey of what is known about injuries, it suggests there is a vast need to know more. *Injury in America* traces findings on the epidemiology of injuries, prevention of injuries, injury biomechanics and the prevention of impact injury, treatment, rehabilitation, and administration of injury research. This thoroughly updated and extended edition covers the various cerebral visual disorders acquired after brain injury, as well as the rehabilitation techniques used to treat them. These are described within a brain plasticity framework, using data from single and group case studies along with follow up observation data. This original, tailor-made approach also includes the recording of eye movements for assessing scanning performance in scene perception and reading. The book gives a brief synopsis of the historical background on the subject, alongside an outline of intervention designs and methodological difficulties in the field, and goes on to discuss the mechanisms and processes that provide the foundations for recovery of function and successful adaptation in visually

impaired patients. The author concludes by analyzing the importance of the procedures and outcomes of treatments to the reduction of patients' visual handicaps. The new edition also contains an appendix with recommendations on the case histories, diagnostics and treatments. It is ideal reading for students in clinical neuropsychology, as well as professionals in the fields of neurology, visual neuroscience and rehabilitation experts. From a gymnast hiding ankle pain so she can compete to a basketball player who withdraws from friends after a season-ending injury, it can be argued that every sport injury affects or is affected in some way by psychological factors. Given the widespread importance of psychological issues in sport injury, it is important for those working with athletes—injured or not—to be aware of the latest developments on the subject. Written by a sport psychology consultant and an athletic trainer, *Psychology of Sport Injury* provides a thorough explanation of the elements and effects of sport injuries along with up-to-date research and insights for practical application. The authors offer a contemporary approach to preventing, treating, rehabilitating, and communicating professionally about sport injuries that takes into account physical, psychological, and social factors. *Psychology of Sport Injury* presents sport injury within a broader context of public health and offers insights into the many areas in which psychology may affect athletes, such as risk culture, the many facets of pain, athlete adherence to rehab regimens, the relationship between psychological factors and clinical outcomes, collaboration, and referrals for additional support. The book explores the relevant biological, psychological, and social factors that affect given circumstances. The text consists of four parts: Understanding and Preventing Sport Injuries, Consequences of Sport Injury, Rehabilitation of Sport Injury, and Communication in Sport Injury Management. *Psychology of Sport Injury* includes evidence-based examples and demonstrates real-world applications that sport health care professionals often face with athletes. Additional pedagogical features include the following:

- Focus on Research boxes provide the what and why of the latest research to complement the applied approach of the text.
- Focus on Application boxes highlight practical examples to illustrate the material and maintain student engagement.
- Psychosocial content aligned with the latest educational competencies of the National Athletic Trainers' Association (NATA) helps students prepare for athletic training examinations and supports professional development for practitioners.
- A prevention-to-rehabilitation approach gives a framework for understanding sport injury, including precursors to injury, pain as a complex phenomenon, adherence to rehabilitation, and communication and management of injuries with other health care professionals as well as the athlete.
- A set of chapter quizzes and a presentation package aid instructors in testing student comprehension and preparing lectures.

*Psychology of Sport Injury* is an educational tool, reference text, and springboard to new ideas for research and practice in any line of work exposed to sport injury. Observing and committing to athletes, especially during times of physical trauma and emotional distress (which are often not separate times), are critical skills for athletic trainers, physical therapists, sport psychologists, coaches, and others who work with athletes on a regular basis. Written by an international board of experts this comprehensive text provides an in-depth review on the treatment and rehabilitation of the most common sports-related injuries according to the latest scientific developments in functional rehabilitation and the most clinically relevant features of pathophysiology of sports lesions. The management of acute and overuse sports lesions are classified by body area (spine, upper and lower extremity). Aimed at personal

trainers, physiotherapists & other fitness professionals working with senior adults, part 1 includes information on general issues, including nutrition, soft tissue care & exercise testing; while part 2 is a guide to specific injuries & methods for rehabilitation. Over eighty world-renowned physical therapists, physicians and athletic trainers take a comprehensive, step-by-step, multidisciplinary approach to sports injury management--from evaluation through rehabilitation. This text not only provides a solid foundation in basic and applied science, it also serves as a superb study source for sports certification exams and provides practical therapeutic advice. This report examines the evidence for effectiveness of rehabilitation methods at various phases in the course of recovery from traumatic brain injury in adults. Specifically, it addresses five questions about the effectiveness of: (1) early rehabilitation in the acute care setting, (2) intensity of acute inpatient rehabilitation, (3) cognitive rehabilitation, (4) supported employment, & (5) care coordination (case management). Abstracts of eligible articles were chosen through broad inclusion criteria. Also includes references; list of abbreviations; evidence tables; & extensive appendices. 12 charts & tables. One of the world's leading authorities in spinal cord injury, and a participant in the Human Brain Project brings you an evidenced-based guide to the state-of-the-art in spinal cord rehabilitation. She has assembled an expert team of clinicians, each with expertise in the content areas they address. Their work encompasses all of the new scientific knowledge and technological advances practitioners need to know to determine the most effective rehabilitation interventions for each patient and to attain maximum restoration of function in individuals with SCI.

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