

PHYSICAL MEDICINE AND REHABILITATION
CLINICS OF NORTH AMERICA

Running Injuries

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Running Injuries An Issue Of Physical Medicine And Rehabilitation Clinics

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Running Injuries An Issue Of Physical Medicine And Rehabilitation Clinics:

Running Injuries, An Issue of Physical Medicine and Rehabilitation Clinics of North America Michael Fredericson, Adam Tenforde, 2016-02-18 Physical medicine and rehabilitation PM R physicians across the country see injured runners every day Running injuries may impact other areas of the body and PM R physicians are trained to treat the body as a whole as opposed to treating just the injury they work to identify the true source of the problem and develop a training or rehabilitation program to solve it

Stroke Rehabilitation, An Issue of Physical Medicine and Rehabilitation Clinics of North America 26-4 John Chae, 2016-01-07 This issue of Physical Medicine Rehabilitation Clinics will focus on stroke rehabilitation and will include articles such as Mechanisms of stroke recovery Insights from basic sciences Stroke recovery and predictors of rehabilitation outcomes Upper limb motor impairments Post stroke spasticity Communication disorders and dysphagia Neuropharmacology of Recovery Robotic therapy and many more

Sports Medicine, An Issue of Physical Medicine and Rehabilitation Clinics of North America Brian Krabak, 2014-11-12 This issue is a comprehensive multi disciplinary state of the art review focusing on the athlete as a whole The articles explore the impact of excessive activity new therapies and performance enhancement interventions on the musculoskeletal neurological and psychological aspects of the athlete

Chronic Pain, An Issue of Physical Medicine and Rehabilitation Clinics of North America James P. Robinson, 2015-06-15 Physiatrists design plans that not only treat chronic pain but also the whole patient who lives with the pain Causes of chronic pain can include arthritis work injuries failed back surgery foot and ankle injuries knee and hip injuries neck shoulder and back injuries nerve neuropathic pain etc This issue will focus on everything from assessment to various treatment options medications and injections as well as rehab

Regenerative Medicine, An Issue of Physical Medicine and Rehabilitation Clinics of North America Santos F. Martinez, 2016-11-28 This issue of Physical Medicine and Rehabilitation Clinics of North America will cover regenerative medicine Rapid advances in stem cell science are opening new avenues for drug discovery and may lead to new uses of stem cells for other musculoskeletal disorders Articles to be included are Evidence Based Regenerative Prolotherapy and Perineural Injection Approaches Platelet Rich Plasma Autologous Conditioned Serum Stem Cell Considerations for the Clinician Adipose Derived Stromal Vascular Fraction and Stem Cell Use as well as many others

Concussion in Sports, An Issue of Physical Medicine and Rehabilitation Clinics of North America Scott R. Laker, 2016-07-27 CDC estimates reveal that 1 6 million to 3 8 million concussions occur each year This issue will include topics such as pathophysiology return to learn programs and long term consequences of concussions

Cycling, An Issue of Physical Medicine and Rehabilitation Clinics of North America, E-Book Angela Cortez, Dana Kotler, 2021-11-23 In this issue of Physical Medicine and Rehabilitation Clinics guest editors Angela Cortez and Dana Kotler bring their considerable expertise to the topic of Cycling Top experts in the field cover key topics such as adaptive cycling triathlon considerations fear and anxiety in cycling nutrition in cycling and more Contains 13 relevant

practice oriented topics including Clinic Evaluation of the Cyclist with Overuse Injury Unique Concerns of the Female Cyclist Return to Cycling after Brain Injury Safety Considerations Infrastructure and Traumatic Bike Injury Prevention and more Provides in depth clinical reviews on Cycling and PM R offering actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create clinically significant topic based reviews *Evidence-Based Treatment Guidelines for Treating Injured Workers, An Issue of Physical Medicine and Rehabilitation Clinics of North America* Andrew S. Friedman, 2015-08-10 Medical treatment guidelines are written from a clinical perspective to guide clinical care The review criteria that will be included in this issue of Physical Medicine Rehabilitation Clinics are evidence based and are developed by practicing physicians and advisors who work in physical medicine and rehabilitation Health care providers are expected to be familiar with the guidelines and follow the recommendations Good medical judgment is important in deciding how to use and interpret this information **Leg Pain in the Running Athlete, An Issue of Clinics in Sports Medicine** Alexander Meininger, 2012-04-28 This issue of Clinics in Sports Medicine Guest Edited by Alexander K Meininger MD is devoted to Leg Pain in Athletes Leg pain is a common manifestation of many ailments for which the athlete is vulnerable In this issue authors will discuss the most common causes of leg pain including tibial stress syndrome stress fractures and exertional compartment syndrome Attention will also be given to the evaluation of the injured runner risk factors such as the female athlete triad and useful imaging adjuncts will be discussed **Controversies of the Anterolateral Complex of the Knee, An Issue of Clinics in Sports Medicine** Freddie H. Fu, Marcin Kowalczyk, 2017-12-01 This issue of Clinics in Sports Medicine guest edited by Dr Freddie H Fu will cover Controversies of the Anterolateral Complex of the Knee Anatomical description of the anterolateral complex of the knee Biomechanical proof for the existence of the Anterolateral Ligament Biomechanics of the anterolateral structures of the knee Mechanical properties of the anterolateral structures and their clinical implications Extra articular tenodesis in combination with ACL reconstruction The role of an extra articular reconstructive surgery in primary ACL reconstructions The role of an extra articular tenodesis in revision ACL reconstruction The effect of an extra articular tenodesis on the contact pressure in the lateral compartment of the knee and The state of the evidence in ALL research among others **Outpatient Ultrasound-Guided Musculoskeletal Techniques, An Issue of Physical Medicine and Rehabilitation Clinics of North America, E-Book** Evan Peck, 2016-08-09 This issue of Physical Medicine and Rehabilitation Clinics of North America will cover musculoskeletal ultrasound in the outpatient The articles will include Fundamental Considerations for Ultrasound Guided Musculoskeletal Interventions Ultrasound Guided Shoulder Procedures Ultrasound Guided Elbow Procedures Ultrasound Guided Hand and Wrist Procedures Ultrasound Guided Hip Procedures Ultrasound Guided Knee Procedures Ultrasound Guided Foot and Ankle Procedures Ultrasound Guided Spine and Pelvis Procedures and many more exciting topics *Adjunctive Rehabilitation Approaches to Oncology, An Issue of Physical*

Medicine and Rehabilitation Clinics of North America Andrea L. Cheville, 2016-12-03 This issue will include articles on Prehabilitation Building a survivorship program in cancer rehabilitation Aerobic and resistive training pragmatic integration in cancer rehabilitation Alternative exercise traditions in cancer rehabilitation Cancer treatment induced fibrosis associated functional morbidity Cancer related fatigue The master disabler and many more *Polytrauma Rehabilitation, An Issue of Physical Medicine and Rehabilitation Clinics of North America* Blessen C. Eapen, David X. Cifu, 2018-11-23 Guest edited by Drs Blessen C Eapen and David X Cifu this issue of Physical Medicine and Rehabilitation Clinics will cover several key areas of interest related to Polytrauma Rehabilitation This issue is one of four selected each year by our series Consulting Editor Dr Santos Martinez of the Campbell Clinic Articles in this issue include but are not limited to Adaptive Sports and Military Paralympics Assistive Technology Telerehabilitation Burn Rehabilitation Cognitive Rehabilitation Management of the Polytrauma Clinical Triad Integrative Medicine Lower Extremity Amputation and Prosthetics Pain Management Spinal Cord Injury Upper Extremity Amputation and Prosthetics Vision Rehabilitation Vocational Rehabilitation and Employment Acute Polytrauma Rehabilitation Neurosensory Deficits after TBI and Neurobehavioral Management of Polytrauma Veteran among others *Sports Medicine* Gregory A. Strock, 2006 Treating an elite athlete or a weekend player has its challenges mainly to get them back in the game right away This issue covers injuries and treatments for an assortment of sports golf running triathlon basketball and more Don't miss two exciting chapters on sports psychology and performance enhancing drugs or the chapter on altitude medicine and martial arts *The Runner, An Issue of Clinics in Sports Medicine* Robert P. Wilder, 2010-07-19 July's issue of Clinics in Sports Medicine is dedicated to the Runner and guest edited by Dr Robert Wilder Associate Professor of PM R and Medical Director of the Runner's Clinic at the University of Virginia Dr Wilder and a team of expert contributors discuss all aspects of running including biomechanics and kinematics flexibility exertional compartment syndrome patellofemoral pain syndrome stress fractures exercise associated collapse and more Several chapters focus on special considerations for certain types of runners children women injured runners and those with osteoarthritis

Rehabilitation Nursing Shirley P. Hoeman, 2008-01-01 Providing a solid foundation of concepts and principles this book maintains the fundamental focus of rehabilitation nursing holistic care of the rehabilitation client to achieve maximum potential outcomes in functional and lifestyle independence **Physical Medicine and Rehabilitation Clinics of North America. Running Injuries**, 2016 *The Long Distance Runner's Guide to Injury Prevention and Treatment* Brian J. Krabak, Grant S. Lipman, Brandee L. Waite, 2017-10-03 For any runner who loves hitting the pavement and conquering half full and ultra marathons getting injured is a terrifying and often heartbreaking setback Yet almost three quarters of long distance runners will suffer from a serious injury several times in their athletic career Although it may be impossible to completely avoid injury *The Long Distance Runner's Guide to Injury Prevention and Treatment* is a vital source to help those who love to run understand some of the most common causes of injuries and learn how to best avoid and treat athletic

ailments In this book expert editors and long time runners Brian Krabak and Grant Lipman combine valuable insights tips and tactics from over a dozen medical professionals who specialize in treating endurance athletes With chapters on important and diverse topics such as proper nutrition muscular ailments skeletal injuries medical illnesses caused by racing and proper recovery The Long Distance Runner s Guide to Injury Prevention and Treatment is a must have on the shelf of every harrier

Injuries in Athletics: Causes and Consequences Semyon M. Slobounov,2008-06-17 Over the past decade the scientific information on psychology of injury has increased considerably Despite dramatic advances in physical education of coaches field of medicine athletic training and physical therapy the sport related traumatic injuries is our major concern Athletic injuries both single and multiple have a tendency to grow dramatically Accordingly prevention of sport related injuries is a major challenge facing the sport medicine world today The purpose of this book is to accumulate the latest development in psychological analyses evaluation and management of sport related injuries including traumatic brain injuries No two traumatic injuries are alike in mechanism symptoms or symptoms resolution There is still no agreement upon psychological diagnosis and there is no known comprehensive treatment for sport related injuries for regaining pre injury status Physical symptoms resolution is not an indication of psychological trauma resolution

Rebuilding Milo Aaron Horschig, Kevin Sonthana,2021-01-19 Every athlete who spends time in the weight room eventually deals with pain injury that leaves them frustrated and unable to reach their highest potential Every athlete ought to have the ability to take the first steps at addressing these minor injuries They shouldn t have to wait weeks for a doctor s appointment only to be prescribed pain medications and told to take two weeks off lifting or even worse to stop lifting so heavy Dr Aaron Horschig knows your pain and frustration He s been there For over a decade Dr Horschig has been a competitive weightlifter and he understands how discouraging it is to tweak your back three weeks out from a huge weightlifting competition to have knee pain limit your ability to squat heavy for weeks and to suffer from chronic shoulder issues that keep you from reaching your goals Rebuilding Milo is the culmination of Dr Horschig s life s work as a sports physical therapist certified strength and conditioning specialist and Olympic weightlifting coach It contains all of the knowledge he has amassed over the past decade while helping some of the best athletes in the world Now he wants to share that knowledge with you This book designed by a strength athlete for anyone who spends time in the weight room is the solution to your struggles with injury and pain It walks you through simple tests and screens to uncover the movement problem at the root of your pain After discovering the cause of your injury you ll be able to create an individualized rehab program as laid out in this book Finally you ll be on the right path to eliminate your pain and return to the activities you love

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