

Rehabilitation Techniques

for Sports Medicine and Athletic Training

SIXTH EDITION

William E. Prentice



SLACK Incorporated

Rehabilitation Techniques For Sports Medicine And Athletic Training

Lorin A. Cartwright, William A. Pitney



Rehabilitation Techniques For Sports Medicine And Athletic Training:

Rehabilitation Techniques for Sports Medicine and Athletic Training William E. Prentice, 2020 This seventh edition of Rehabilitation Techniques for Sports Medicine and Athletic Training is for the professional student of athletic training who is interested in gaining more in depth exposure to the theory and practical application of rehabilitation techniques used in a sports medicine environment The purpose of this text is to provide the athletic trainer with a comprehensive guide to the design implementation and supervision of rehabilitation programs for sport related injuries that is based on the current best available evidence available in the professional literature It is intended for use in courses in athletic training that deal with practical application of theory in a clinical setting The contributing authors have collectively attempted to combine their expertise and knowledge to produce a text that encompasses all aspects of sports medicine rehabilitation

Rehabilitation Techniques in Sports Medicine William E. Prentice, 1999 This guide to the management of sports injuries for the athletic trainer and sports therapist includes contributions from experts from the field of sports medicine It addresses the different aspects of rehabilitation including protocols for rehabilitating a wide variety of athletic injuries

Rehabilitation Techniques for Sports Medicine and Athletic Training with Laboratory Manual and ESims Password Card William E. Prentice, Prentice William, 2003-07 Designed for the athletic trainer and sports therapist this is the definitive guide to the management of sports injuries Experts from the field of sports medicine have contributed to this comprehensive updated edition which addresses all aspects of rehabilitation including protocols for rehabilitating the wide variety of injuries athletes are prone to receive Pros and cons of various rehabilitative modalities are discussed as well as currently accepted techniques This text is recognized as a handbook for any practitioners who manage rehabilitation programs for injured athletes

Rehabilitation Techniques for Sports Medicine and Athletic Training William Prentice, 2024-06-01 Rehabilitation Techniques for Sports Medicine and Athletic Training Seventh Edition is the definitive reference for athletic training students and professionals who are interested in gaining more in depth exposure to the theory and practical application of rehabilitation techniques used in a sports medicine environment Dr William Prentice and his contributors have combined their knowledge and expertise to produce a single text that encompasses all aspects of sports medicine rehabilitation Featuring more than 1 000 full color illustrations 700 high resolution videos and an integrated laboratory manual this newly updated Seventh Edition provides the athletic trainer with a complete guide to the design implementation and supervision of rehabilitation programs for sport related injuries The Seventh Edition includes new and updated information on topics including Pharmacology and the role of medication in pain management and performance Nutrition and its impact on rehabilitation Rehabilitation techniques for the core Roles within the rehabilitation team Pathomechanics and epidemiology of common injuries Psychological considerations and communication with injured patients Tips for documentation from Dr Prentice Included with the text are online supplemental materials for faculty use in the

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for any practitioners who manage rehabilitation programs for injured athletes *Sports Medicine: Athletic Training and Rehabilitation Techniques* Patrick Clinton, 2018-02-28 Medicine has numerous branches and one of these branches is sports medicine It is mainly concerned with the fitness and well being of athletes Sports medicine deals with the medical conditions that can be faced by sports persons or by people who exercise Some of the common sports injuries encountered by athletes are muscle cramps ACL tears ankle sprains shin splints etc This book provides significant information of this discipline to help develop a good understanding of sports medicine and related fields Through this book we attempt to further enlighten the readers about the new concepts in this field Therapeutic Modalities in Rehabilitation, Sixth Edition William E. Prentice, 2021-08-06 The most comprehensive textbook available on therapeutic modalities in rehabilitation enhanced by a full color presentation and numerous case studies This practically oriented guide presents the basic science and current best available evidence for each type of therapeutic modality used in physical rehabilitation Here clinicians will find the information needed to determine which modality will be most effective in a given situation to achieve optimal patient outcomes Each chapter examines the physiologic basis for use clinical applications specific techniques of application through the use of related laboratory activities and relevant individual case studies for each therapeutic modality Therapeutic Modalities in Rehabilitation Sixth Edition is divided into six parts Part 1 Foundations of Therapeutic Modalities examines the scientific basis for using therapeutic modalities classifies the modalities according to the type of energy each uses and includes guidelines for selecting the most appropriate modalities for managing pain and for use in different phases of the healing process Part II Electrical Energy Modalities discusses the principles of electricity components of electrical and electrotherapeutic currents treatment parameters physiological responses to electrical current iontophoresis and biofeedback Part III Thermal Energy Modalities focuses on modalities which produce a change in tissue temperatures through conduction and convection including thermotherapy and cryotherapy Part IV Sound Energy Modalities covers modalities that utilize acoustic energy to produce a therapeutic effect including therapeutic ultrasound and extracorporeal shockwave therapy Biologic effects and clinical applications are also discussed Part V Electromagnetic Energy Modalities examines diathermy as well as photobiomodulation light therapy treatment techniques and protocols Part VI Mechanical Energy Modalities includes chapters on traction intermittent pneumatic compression therapeutic massage and vibration Presented in full color the text is enhanced by valuable learning aids including chapter objectives and summaries figures and tables clinical decision making exercises review questions instructional videos a glossary of key terms in each chapter up to date references case studies lab activities and appendices *Lab Manual for Rehabilitation Techniques for Sports Medicine and Athletic Training* William Prentice, 2003-05-15 The bible of internal medicine is now in full color From opening presentations of hot topics in medicine to its popular 55 chapter section on the cardinal signs of illness to comprehensive coverage of all major diseases in all organ systems Harrison s is the internal medicine reference of choice Techniques in

Musculoskeletal Rehabilitation William E. Prentice, Michael L. Voight, 2001-03-22 Provides the physical therapy student or practitioner with a comprehensive to the design implementation and supervision of rehabilitation programs for orthopedic injuries and disorders Three sections cover achieving the goals of rehabilitation using the proper tools and detailing specific techniques Lavishly illustrated and chock full of tables summaries and suggestions for further study **Rehabilitation Techniques in Sports Medicine** Prentice, 1994 *Athletic Training Exam Review* Lynn Van Ost, Karen Lew Feirman, Karen Manfri, 2024-06-01 For more than 20 years Athletic Training Exam Review has empowered and enabled students to assess and evaluate their athletic training knowledge skills and decision making abilities Now newly updated for its platinum anniversary the Seventh Edition continues a tradition of excellence while serving as a premier guide to successfully achieving certification as an athletic trainer The Seventh Edition serves as a comprehensive self evaluation tool elevating readers level of preparation for the BOC exam This market leading guide has made a positive impact on the athletic training profession by highlighting and improving students strengths and weaknesses What s inside Updated study techniques and test taking strategies An expanded overview of the exam format to assist in organization and planning More than 1 300 multiple choice questions and nearly 100 true false questions updated and organized according to the BOC s Practice Analysis Seventh Edition Educational Domains Clinical decision making questions testing the ability to make appropriate judgment calls using problem solving A skills assessment composed of 26 problems designed to test manual athletic training skills Scenario based problems to strengthen critical thinking abilities In addition to the updated content the Seventh Edition also features a fully redesigned and expanded online test taking experience including New user friendly mobile format 8 knowledge assessment tests 3 more than the previous edition 5 unique true false exams 20 total drag and drop identification photographs 8 more than the previous edition 43 critical thinking scenarios 3 clinical decision making exams containing scenario based exam questions 13 video segments with related questions for practicing evaluation and assessment Athletic Training Exam Review has assisted thousands of students and has become a hallmark text around the globe Connecting the classroom with clinical education this review tool is a timely and critical text that prepares students for their exam and career as an athletic trainer

Fundamentals of Athletic Training Lorin A. Cartwright, William A. Pitney, 2011-01-18 Fundamentals of Athletic Training Third Edition explains foundational concepts in athletic training and presents injuries and illnesses commonly encountered by certified athletic trainers Written specifically for high school students this text develops the knowledge and skills of students assisting athletic trainers on the field and in the training room as well as those considering future careers as sports medicine professionals In an engaging full color layout the updated third edition presents the latest developments in athletic training with regard to treatment care administration and certification These new and updated topics are covered How to deal with more than one injury simultaneously How to work with athletes with differing cultural backgrounds Treatment and care of athletes with specific conditions or disabilities Facility design and modality safety Equipment ordering

and maintenance The role of the athletic trainer in school emergencies Fundamentals of Athletic Training Third Edition covers all of the introductory concepts that future athletic trainers need to know at a level that high school students can understand The text begins with an overview of the athletic training profession and presents human anatomy and the physiology of injury and tissue healing A quick reference list highlights where to find related anatomical drawings It then presents comprehensive head to toe coverage of common injuries and includes an explanation of each injury with appropriate treatment protocols The text also discusses various conditions illnesses and communicable diseases along with information on nutrition and the effects of therapeutic recreational and performance enhancing drug use Students will learn the fundamentals of rehabilitation and injury prevention techniques through the use of taping wrapping and protective equipment The third edition includes new and updated learning features that add interest depth and opportunities for critical thinking Special chapter vignettes titled What would you do if encourage students to consider how they might handle day to day challenges faced by athletic trainers The Real World segments provide examples of experiences that athletic trainers currently working in the field encounter Other highlighted elements offer additional information about challenging topics suggestions for additional research and special projects or direction for hands on application of theories presented within the chapter Fundamentals of Athletic Training Third Edition also includes fully updated and expanded instructor materials Online access to the instructor guide the test package and a new image bank now provide convenient one source assistance for lecture and test preparation As a bonus instructors may request the Essentials of Interactive Functional Anatomy CD ROM for use in their classrooms This unique learning tool provides an engaging way to teach the basics of human anatomy Fundamentals of Athletic Training Third Edition provides student athletic training assistants with a clear understanding of the functions skills and activities they might encounter while assisting certified athletic trainers By offering a solid introduction to the profession this text will also pique the interest of students considering their career possibilities and act as a springboard to a future in athletic training and sports medicine **Athletic Training Student Primer** Andrew P.

Winterstein, 2024-06-01 Athletic Training Student Primer A Foundation for Success Third Edition is a dynamic text that provides students with a foundation upon which they can build their athletic training knowledge and develop an authentic understanding of the rewards and challenges of the athletic training profession The Third Edition of Athletic Training Student Primer A Foundation for Success by Andrew P Winterstein builds upon previous editions in providing a mix of foundational athletic training knowledge coupled with human interest information to help guide students in their decision making process when contemplating a career This Third Edition breaks the mold of other introductory athletic training texts by including answers to many real life athletic training situations The Third Edition is broken into four sections that cover all different aspects of the profession Understanding athletic training Common injuries and conditions Planning prevention and care Preparing for success Further expanding the learning process included with each new textbook purchase is access to a

companion website that includes videos a glossary and various web resources Updated Features Include New injury spotlights for the upper and lower extremity and general medical conditions Updated information from athletic training students on keys to success New career spotlights from athletic trainers working in a broad range of career settings Updated information on historic changes in athletic training including the upcoming transition to master s degree for professional preparation Updated web resources Additional resources for instructors Complete redesign of text layout and updated images Athletic Training Student Primer A Foundation for Success Third Edition is a must have for students taking the first step into a career in athletic training

Therapeutic Exercise Michael Higgins,2011-04-19 Here s the text that builds a strong foundation in the science of sports medicine and teaches you to apply that knowledge to the planning development and implementation of therapeutic exercise programs for specific dysfunctions for all joints of the body You ll begin with an introduction to the science behind rehabilitation and the application of specific techniques Then for each joint guided decision making chapter specific case studies lab activities and skill performance help you meet all of the competencies for therapeutic exercise required by the NATA

Athletic Training Case Scenarios Keith Gorse,Francis Feld,Robert Blanc,2024-06-01 Every case that athletic trainers respond to is unique but by exposing themselves to a variety of scenarios they can be prepared for almost any situation Case studies are the easiest way to find this information but oftentimes they come in the form of informal anecdotes or only relate to very specific subjects Athletic Training Case Scenarios Domain Based Situations and Solutions is designed to fill this gap by providing a large number of studies from all five of the domains of athletic training Keith M Gorse Francis Feld and Robert O Blanc have gathered true to life scenarios for each of the five domains of athletic training resulting in expert advice on the best response to many possible scenarios These scenarios were shared by the certified athletic trainers who originally responded to them coming from their work in industrial settings high schools colleges professional teams and sports medicine clinics Each scenario features the actual case as it was first assessed by the athletic trainer in order to give readers an opportunity to use their own judgment and decide the best course of action before the original athletic trainer s own response and recommendations are given Organized by domain readers will be able to easily find examples of any case they could imagine Each domain prevention evaluation and diagnosis emergency care treatment and rehabilitation and organizational and professional health has over a dozen scenarios designed to encourage critical thinking This format gives readers the closest thing to a crash course by exposing them to a diverse array of cases and situations Athletic training students and clinicians will appreciate the wide range of cases presented in Athletic Training Case Scenarios Domain Based Situations and Solutions providing them with the strong knowledge base they will need to respond to any situation they may experience themselves

Foundations of Athletic Training Marcia Anderson,Mary Barnum,2021-05-17 Comprehensive and evidence based Foundations of Athletic Training 7th Edition integrates basic medical concepts and related scientific information to help readers develop a strong foundation in athletic training best

practices The text's practical problem solving approach to the prevention recognition assessment management and disposition of sports related injuries and diseases helps students learn to think like practitioners Fully aligned with the BOC competencies the 7th Edition has been extensively updated expanded and reorganized to reflect the changing role of today's athletic trainer and includes a powerful suite of engaging learning tools to help students succeed

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