Sports Medicine of Baseball

David Altich 2012-07-20 “Sports Medicine of Baseball includes all-encompassing coverage of the evaluation and treatment of common problems encountered in baseball players at all levels of competition. A large portion of the book focuses on shoulder and elbow injuries, given the number of shoulder and elbow injuries that affect baseball players. The book will also cover low-impact injuries, injuries that occur in baseball players, and common medical problems that may be encountered. Of special interest to athletic trainers, topics such as different training regimens for in-season versus off-season workouts and training tools provide valuable tips for pre-season planning and training for high school and college baseball players.” –Provided by publisher.

Baseball Sports Medicine

Christopher-S Ahmad 2018-10-24 Publisher’s Note: Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included with the product. Headed by the team physicians of the New York Yankees and the Chicago White Sox, Baseball Sports Medicine covers all aspects of this multi-faceted area, including injury prevention, management of injuries when they occur, rehabilitation protocols, and outcomes. It’s an ideal resource for all health care providers who care for patients at all levels of the sport – from children and adolescents through the major leagues.

Sports Medicine of Baseball

David W. Altich 2015-04-27 “Sports Medicine of Baseball” includes all-encompassing coverage of the evaluation and treatment of common problems encountered in baseball players at all levels of competition. A portion of the book focuses on shoulder and elbow injuries, given the high number of shoulder and elbow injuries that affect baseball players.

Sports Medicine for Coaches and Athletes

Robert M Germein 2000-07-06 This book is written exclusively for the sport of baseball. Coaches, referees, players, and athletic trainers from grade school to college will find the information on baseball injuries an invaluable resource for prevention and treatment. Also important is the comprehensive coverage of the physical, mental and nutritional aspects of playing.

The Baseball Player’s Guide to Sports Medicine

Pat Croce 1997

Any Given Monday


Play Ball

Christopher Ahmad 2018-05-03 Injuries in baseball players of all ages are on the rise according to recent sports medicine studies—from acute to chronic injuries. Of particular interest to athletic trainers, topics such as different training regimens for in-season versus off-season workouts and training tools provide valuable tips for pre-season planning and training for high school and college baseball players.

Minimizing Injury, Maximize Performance

Dr. Tommy John 2010-06-05 Dr. Tommy John’s unique program: a diet, lifestyle, and movement plan (Rethink. Rebuild. Rebalance) for improved performance, management of injuries when they occur, rehabilitation protocols, and outcomes. It’s an ideal resource for all health care providers who care for patients at all levels of the sport from children and adolescents through the major leagues.

Injuries in Baseball

Bertram Zarin 1998 A comprehensive guide to the prevention and management of baseball injuries. Includes the medical aspects of conditioning, pressurization, infectious disease, and drugs in sports. Injuries are addressed by anatomical region.

Baseball Injuries

Lawrence Coker, M.D. 2013-03-25 “Baseball injuries fall into two main categories: overuse and traumatic. This work explores types of injuries and provides case studies of players to demonstrate the cause, the different treatment options, and the effect of injuries on a player’s career. Discussions show how injuries precipitate improvements in the game (batting helmet, padded outfield walls, and surgeries).”

Sports Medicine Doctor

Samantha Bell 2015-08-01 Readers will learn what it takes to succeed as a sports medicine doctor. The book also explains the necessary educational steps, useful character traits, potential hazards, and daily job tasks related to this career. Sidebars include thought-provoking trivia. Questions in the backmatter ask for input. Photos, a glossary, and additional resources are included.

The Athlete’s Shoulder E-Book

James R. Andrews 2008-12-08 The latest edition of this in-depth look at athletic shoulder injuries has been updated to feature new chapters, additional case studies, and other algorithms, an added focus on arthroscopic treatments, and pearls that highlight key information. Additional contributing authors give you a fresh spin on new and old topics from rehabilitation exercises to special coverage of female athletes, pediatric, and glider. This book offers coverage of arthroscopy, total joint replacement, instability, football, tennis, swimming, and gymnastic injuries, rotator cuff injuries, and much more! The large range of topics covered in this text ensures that it’s a great resource for orthopaedists, physical therapists, athletic trainers, and primary care physicians. Present a multidisciplinary approach to the care of the shoulder, combining contributions from the leaders in the field of orthopaedic surgery, physical therapy, and athletic training. Demonstrates which exercises your patients should perform in order to decrease their chances of injury or increase strength following an injury through illustrated exercises for rehabilitation and injury prevention. Illustrates how the shoulder is affected during activity of certain sports with a variety of tables and graphs. Covers a large range of topics including shoulder injuries to be sufficiently comprehensive for both orthopaedists and physical therapy athletic trainers. Features new chapters, including Internal Impingement, Bankart’s, Open vs. Arthroscopy, Adhesive Capsulitis of the Shoulder, Cervical Shoulder Pain, Proprioception: Testing and Treatment, and more. Current surgical and rehabilitation information for all aspects of shoulder pathology to keep you up-to-date. Organizes topics into different sections on anatomy, biomechanics, surgery, and rehabilitation for ease of reference.

Until It Hurts

Mark Hyman 2009 An assessment of the damaging nature of ultra-competitive youth sports considers the consequences of high-performance pressure on children and their families and traces the author’s investigations into youth athletic clubs and associations throughout the country.

Imaging in Sports-Specific Musculoskeletal Injuries

Ali Guermazi 2015-12-11 Most books on imaging in sports medicine are concerned with the particular joints or aspects of a specific sport, while this book takes a more general approach, taking into account associated specific sports. All of the well-known major sports, such as football, tennis, and basketball, are included, as are many less common but still very popular sports, such as baseball, American football, and rugby. The chapters on sports-specific injuries are preceded by two chapters on the perspectives of clinicians and another two chapters on the general principles of MR imaging and ultrasound in sports medicine. The authors of the book are world-renowned experts from five continents. Imaging in Sports-Specific Musculoskeletal Injuries should be of great interest to radiologists, sports medicine physicians, orthopedic surgeons, and rehabilitation physicians, and to anyone interested in the treatment of sports-related injuries.

Sports Medicine Handbook

Fred Larrimore Allman 1989

Epidemiology of Pediatric Sports Injuries

Dennis John Caine 2005-01-01 Epidemiology of Pediatric Sport Injuries reviews integratively the existing data on distribution of injuries, injury rates in a variety of sports, and supposes injury rates on the basis of a systematic approach to identifying and evaluating the factors that increase on individual sports, as the next volume will discuss team sports. Together the two volumes provide the first comprehensive compilation and critical analysis of epidemiological data on sports injury in children. This, in volume 2, concentrates on individual sports, addressing the challenges in obtaining reliable, valid, and accurate information on individual sports, and the chapter on epidemiology of MR imaging and ultrasound in sports medicine. The authors of the book are world-renowned experts from five continents. Imaging in Sports-Specific Musculoskeletal Injuries should be of great interest to radiologists, sports medicine physicians, orthopedic surgeons, and rehabilitation physicians, and to anyone interested in the treatment of sports-related injuries.
Shoulder injuries in the adolescent footballer, thrower and swimmer are discussed in detail, along with the pitcher’s elbow and the wrist of the golfer, gymnast and swimmer. Emphasis is placed on understanding the anatomy, functional anatomy, and physical examination to guide the clinician in making an accurate diagnosis. The book includes detailed discussions of the most common injuries seen in these athletes, their treatment options, and the prevention strategies that have been successful. The text is designed for orthopedic surgeons, primary care physicians, and other health care professionals who treat these athletes.

**Netter’s Sports Medicine E-Book**
This comprehensive e-book is designed to help students and physicians quickly access the latest research and best practices in sports medicine. It includes case studies, diagnostic tables, and comprehensive anatomical illustrations to aid in understanding the complex injuries and conditions that athletes may face. The e-book is updated regularly to ensure that the information is current and relevant.

**Sports-related Fractures, Dislocations and Trauma**
This text provides a comprehensive overview of the evaluation and management of fractures, dislocations, and soft tissue injuries in athletes. It covers topics such as the anatomy and physiology of the injured structures, the classification and grading of injuries, and the treatment options available. The text is intended for orthopedic surgeons and sports medicine specialists who treat injured athletes.

**Sports-related Concussions in Youth**
This book focuses on the prevention, diagnosis, and management of concussions in young athletes. It includes chapters on the anatomy and physiology of the brain, the mechanisms of injury, and the clinical evaluation of concussions. The text is designed for pediatricians, primary care physicians, and other health care professionals who treat young athletes.

**The Rubber Arm: Using Science to Increase Pitch Control, Improve Velocity, and Prevent Elbow and Shoulder Injury**
This book explores the latest research on elbow and shoulder injuries in baseball players, and provides practical strategies for preventing and managing these injuries. It includes case studies, diagnostic tables, and comprehensive anatomical illustrations to aid in understanding the complex injuries and conditions that athletes may face. The book is intended for orthopedic surgeons and sports medicine specialists who treat injured athletes.

**Adaptive Sports Medicine**
This book focuses on the evaluation and management of sports-related injuries in individuals with disabilities. It includes chapters on the anatomy and physiology of the injured structures, the classification and grading of injuries, and the treatment options available. The text is designed for orthopedic surgeons and sports medicine specialists who treat injured athletes.

**Game of Shadows: Barry Bonds, BALCO, and the Steroid Scandal That Revolutionized Sports**
This book explores the history of performance-enhancing drugs in sports, with a focus on the involvement of athletes, coaches, and organizations. It includes case studies, diagnostic tables, and comprehensive anatomical illustrations to aid in understanding the complex injuries and conditions that athletes may face. The book is intended for orthopedic surgeons and sports medicine specialists who treat injured athletes.

**The Arm: How I Saved Tommie John’s Career and Changed the Way Baseball Treats Its Players Forever**
This book explores the history of Tommy John surgery and its impact on baseball players. It includes case studies, diagnostic tables, and comprehensive anatomical illustrations to aid in understanding the complex injuries and conditions that athletes may face. The book is intended for orthopedic surgeons and sports medicine specialists who treat injured athletes.
The Win Within: Bert R. Mandelbaum 2014-09-16 An inspiring guide to playing your personal best in the sport of life As an orthopedic surgeon, a finish-line physician, and a USA team doctor at the World Cup and the Olympics, Dr. Bert Mandelbaum has witnessed the trials and triumphs of elite athletes from a vantage point few of us get. And over his twenty-plus years of experience, he’s identified a common character trait that every elite athlete relies upon for success: it’s what he calls the “victorious spirit.” In The Win Within, Mandelbaum reveals that any of us—no matter our age or physical condition—can capture that same spirit in our own lives. This inner drive to win resides in all of us, he argues, hardwired into our DNA by ancestry dating back millions of years. You’ll learn how to view life the way a top-

The Language of Coaching: Nicklaas C. Winkelman 2020-04-21 Try to recall the best coach you’ve ever had. Consider what differentiated them from other coaches; what made them so effective? Was it their knowledge and programming, or did it come down to the way they communicated with you and the way they made you feel? While the former are critical, it is a coach’s words that set them apart from the rest. The Language of Coaching focuses on the impact that communication has on an individual’s ability to learn and perform a movement. Written by performance coach Nick Winkelman, the book examines how instruction, feedback, and cueing can significantly affect training outcomes. Grounded in motor learning and the science of attentional focus, Winkelman takes you on a journey, guiding you through practical coaching frameworks that will help you adapt your language to the learning needs of those you support. Packed with stunning visuals, the book provides over 25 movement sequences that outline different types of coaching cues, including a visual depiction of unique analogies, such as a sprinter taking off like a jet or an athlete landing into a jump like a spring. The book is filled with a comprehensive collection of cueing frameworks that guide you through the process of creating your own cues for any movement you want to teach. You will also learn how to engage in more productive conversation with your athletes through sample dialogues that uses the book’s cueing philosophy. Whether you are new to coaching or a seasoned veteran, The Language of Coaching will help you grow as a communicator and learn how to coach the person with the same precision as you do the program. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The Language of Coaching Online CE Exam may be purchased separately or as part of The Language of Coaching With CE Exam package, which includes both the book and the exam. 

Prevention and Rehabilitation Exercises for the Baseball Player: Jason H. Robey 2014-09-26 This book provides information and exercises for injury prevention of baseball related injuries. It also provides therapeutic exercises for use by athletic trainers, physical therapists, and any other medical professionals who rehabilitate orthopaedic sports medicine injuries associated with baseball players.