

Handbook of
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Sports Injury Prevention



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Handbook Of Sports Medicine And Science Sports Injury

Roald Bahr,Lars Engebretsen



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Handbook of Sports Medicine and Science, Sports Injury Prevention Roald Bahr, Lars Engebretsen, 2009-02-09 This volume in the Handbook of Sports Medicine and Science series is a practical guide on the prevention of sports injuries. It covers all Olympic sports plus additional sport activities with international competition such as rugby. Focusing on reducing the potential for injuries, the book is organised by regions of the body. There are also chapters on the importance of injury prevention and developing an injury prevention program within a team. The authors identify the risk factors for specific injuries in each sport, typical injury mechanisms and risks associated with training. Handbook of Sports Medicine and Science, Volleyball Jonathan C. Reiser, Roald Bahr, 2017-05-15 Volleyball is one of the four most popular international sports for men and women and has been an Olympic sport since 1964. The publication of this second edition is endorsed by both the International Olympic Committee (IOC) and the International Federation of Volleyball (FIVB) and is a comprehensive resource for athletes, coaches, physical and occupational therapists, nutritionists and sports scientists working with athletes participating in volleyball internationally and at all levels of competition. More than 10 years have elapsed since the first edition published, during which the sport has rapidly evolved. This handbook has been fully updated to reflect the explosion in literature and research. The Editors have been joined by many new contributors offering a fresh perspective to the material. The contents include chapters on biomechanics, injuries of shoulder, knee and ankle, principles of rehabilitation, the young athlete, the female athlete and the athlete with impairment. Issues of doping are discussed as is the psychology of sport and maximizing team potential. This new edition provides a concise, authoritative overview of the science, medicine and psychosocial aspects of volleyball. Offers guidance on medical aspects unique to the training and coaching of volleyball. The only book on this subject fully endorsed by both the International Olympic Committee (IOC) and the International Federation of Volleyball (FIVB). Written and edited by global thought leaders in sports medicine. **Handbook of Sports Medicine and Science** Britton W. Brewer, 2009-01-26 This volume in the Handbook of Sports Medicine and Science series presents a concise summary of the science and practice of psychology in the context of sport. Psychological aspects central to sport performance such as motivation, cognition, stress, confidence and mental preparation are examined and interventions designed to enhance individual and team performance are reviewed. Reflecting the breadth of the field, issues such as sport injury prevention and rehabilitation, athlete psychopathology, child and adolescent development, sport career termination and the practice of sport psychology are also addressed. Published under the auspices of the Medical Commission of the International Olympic Committee. Sport Psychology shows how the performance and the overall well-being of athletes can be improved by highlighting research findings and their practical application. With contributions from internationally renowned experts and useful case studies in each chapter, this handbook is an essential resource for medical doctors who serve athletes and sports teams and an invaluable reference for all students of sport psychology. **Handbook of Sports Medicine and Science**

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Principles of Manual Sports Medicine Steven J. Karageanes, 2005 This thoroughly illustrated handbook is the first complete how to guide to the use of manual medicine

techniques for sports injuries For each region of the body the book describes anatomy physiology physical examination and common sports injuries and details the various manual medicine techniques with step by step instructions for treating specific injuries More than 400 illustrations demonstrate how to apply these techniques Separate chapters focus on injuries in fourteen specific sports and in specific athletic populations the differently abled children women the elderly and pregnant athletes

Handbook of Sports Medicine and Science Margo Mountjoy, 2014-10-06 This new International Olympic Committee IOC handbook covers the science medicine and psycho social aspects of females in sports at all levels of competition Each chapter focuses on the specific issues that female athletes confront both on and off the field such as bone health nutritional recommendations exercise competition during menstruation and pregnancy and much more Fully endorsed by the IOC and drawing upon the experience of an international team of expert contributors no other publication deals with the topic in such a concise and complete manner The Female Athlete is recommended for all health care providers for women and girl athletes internationally for all sports and all levels of competition It is a valuable resource for medical doctors physical and occupational therapists nutritionists and sports scientists as well as coaches personal trainers and athletes

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Sports Physician Handbook Yannis P. Pitsiladis, YUNG Shu Hang Patrick, Mark R. Hutchinson, Fabio Pigozzi, 2025-08-21 Sports Physician Handbook the fourth edition of Team Physician Manual International Federation of Sports Medicine FIMS covers all key area of activity and intervention from the preparticipation examination to rehabilitation drug testing young athlete female athlete and even environmental issues The book also surveys the most significant classifications of sports injury offering clear advice on fieldside assessment diagnosis and treatment as well as examining best practice in general aspects of sports medicine such as prevention and the psychology of injury Sports Physician Handbook continues the high caliber of authorship from a team of world leading physicians and scientists from around the world In short the fourth edition represents a must have reference for any doctor scientists physical therapist or medical professional working in sport Covers all key areas of

knowledge needed by sports practitioners interested in protecting the health of athletes Includes new sections on brain trauma concussions mental health and environmental issues Provides a new chapter on big data wearables AI and telemedicine **The Handbook of Sports Medicine and Science** Douglas B. McKeag,2008-04-30 Basketball covers the epidemiology of basketball injury the physiological demands of basketball preventive medicine pre participation examination and special considerations to be given to the young basketball player and finally looks at the special basketball player diabetics asthmatics epileptics etc

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