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SPORTS MEDICINE

Study Guide and Review for Boards

MARK A. HARRAST • JONATHAN T. FINNOFF



Sports Medicine Study Guide

Roman Wölfel



Sports Medicine Study Guide:

Sports Medicine, Second Edition Jonathan T. Finnoff, Mark A. Harrast, 2016-08-09 Now in its second edition Sports Medicine Study Guide and Review for Boards is the leading comprehensive review text surveying the breadth of nonsurgical sports medicine. Covering topics pertinent to and found on the Sports Medicine board examination, the book is intended as a primary study tool for candidates preparing for the exam or recertification. All of the subject areas tested on the boards are represented, including basic science and general procedures, health promotion and preventive interventions, emergency assessment and care, and diagnosis, management and treatment of the full range of sports-related injuries and conditions. The editors have used the exam content outline as a blueprint for organizing the book so the space allotted to each chapter reflects the corresponding emphasis of the topic on the exam. For the Second Edition, all chapters have been completely revised and updated to reflect the latest information and practice guidelines. A new section devoted to Hot Topics features new chapters on regenerative medicine and sports ultrasound, two rapidly expanding areas. This edition also contains a practice test with over 250 questions to help candidates identify knowledge gaps and fine-tune test-taking skills prior to the examination. This proven resource for board review, program or practical use provides the concise, high-yield facts that residents, fellows, trainees, and clinicians in any discipline need to supplement their training in non-operative sports medicine.

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Pediatric Board Study Guide Osama I. Naga, 2019-11-06 Building upon the highly successful 1st edition, this book is a comprehensive review designed to prepare pediatric residents, fellows, and pediatricians for the General Pediatrics Certifying Examination and for the American Board of Pediatrics Maintenance of Certification. Pediatric Board Study Guide A Last Minute Review, 2nd edition, covers all aspects of pediatric medicine; each chapter has been updated according to the most recent content specifications provided by the ABP. The 2nd edition provides more illustrations, diagrams, radiology images, and clinical case scenarios to further assist readers in reviewing pediatric subspecialties. New chapter topics include nutrition, sports medicine, patient safety, quality improvement, ethics, and pharmacology. Finally, the book closes with a Last Minute Review of high yield cases arranged in the same sequence as the chapters, providing readers with a concise study guide of critical cases and conditions. Pediatric residents and fellows preparing for the board examination, pediatricians and pediatric subspecialists preparing for certification maintenance will find Pediatric Board Study Guide A Last Minute Review, 2nd edition, easy to use and comprehensive, making it the ideal resource and study tool.

Sports Medicine: It's Environmental Mark R. Hutchinson, Sérgio Rocha Piedade, 2025-05-23 This book serves as an essential quick reference for team physicians focusing on the risks associated with athletic participation in various environments. It covers a wide range of environmental challenges, including heat, cold, UV exposure, bad weather such as lightning and hurricanes, mountainous and high altitude conditions, wet and isolated environments, crowded mass sporting events, dangerous situations, contagious diseases, indoor settings, and polluted air and water quality. The book follows a consistent structure to facilitate easy cross referencing, including clinical pearls for identifying environment related injuries or diseases, recommended initial treatment responses, and guidelines for extraction from pathological environments. The reader will find each chapter featuring learning objectives and key reading references. This practical manual offers the reader an essential tool to navigate the complexities of environmental medicine in sports, ensuring the health and safety of athletes in any setting.

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Sports Medicine, An Issue of Primary Care: Clinics in Office Practice Peter J Carek,2020-02-07 This issue of Primary Care Clinics in Office Practice guest edited by Dr Peter J Carek is devoted to Sports Medicine Articles in this issue include Preparticipation Evaluation Cardiac Disease in Athletes Sports Supplements Pearls and Pitfalls Common Prescription Medications Used in Athletes Female Athletes Principles of Rehabilitation Common Upper Extremity Injuries Hip and Knee Injuries Ankle and Foot Injuries Back Injuries Neck Injuries and Head Trauma and Injuries *Sports Medicine for the Emergency Physician* Anna L. Waterbrook,2016-04-25 Written by sports trained emergency physicians Sports Medicine for the Emergency Physician A Practical Handbook is the only resource of its kind created specifically for the emergency medicine provider It is designed to be used as a reference tool and includes high yield physical exam skills and key management of sport injuries in the emergency department Each chapter is dedicated to a specific joint or joints and includes the basics of a high yield physical examination including inspection palpation range of motion special tests as well as neurovascular and skin exams Corresponding figures of essential anatomy pictures of physical exam maneuvers and clinical correlations are also featured Emergent and common musculoskeletal conditions for each joint s are discussed as well as the appropriate emergency department management for each condition Additional chapter topics include sports concussions sports cardiology heat illness and common splints used in the emergency department

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

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