

1. Record Nr.	UNINA9910254518203321
Titolo	Prevention of Injuries and Overuse in Sports : Directory for Physicians, Physiotherapists, Sport Scientists and Coaches // edited by Hermann O. Mayr, Stefano Zaffagnini
Pubbl/distr/stampa	Berlin, Heidelberg : , : Springer Berlin Heidelberg : , : Imprint : Springer, , 2016
ISBN	3-662-47706-8
Edizione	[1st ed. 2016.]
Descrizione fisica	1 online resource (178 p.)
Disciplina	610
Soggetti	Sports medicine Orthopedic surgery Orthopedics Physical therapy Human physiology Sports Medicine Surgical Orthopedics Orthopaedics Physiotherapy Human Physiology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	Major causes of sports injury -- Causes of overuse in sports -- General prevention principles of injury -- General prevention principles of overload damage -- Special aspects of prevention in children and adolescents -- General training aspects in consideration of prevention -- Specific aspects of throwing sports in recreational and competitive sport -- Specific aspects of soccer in recreational and competitive sport (UEFA, FIFA) -- Specific aspects of alpine skiing in recreational and competitive sport (FIS) -- Implementation of prevention in sports.
Sommario/riassunto	This book, published in cooperation with ESSKA, is a comprehensive, evidence-based manual on the prevention of injuries and overuse in sports that will assist physicians, physiotherapists, and trainers in

providing excellent mental and physical guidance to athletes. The causes of overuse and sports injuries are carefully analyzed, explaining the medical basis for prevention. In addition, detailed attention is paid to the relationship between sport motivation, risk willingness, tendency to overload, and tendency to increased risk of injury. The reader is effectively trained in mental and physical analysis of the athlete and will gain an appreciation of the influence of the athlete's environment on susceptibility to injury. Gender-specific differences and the specific risks faced by children and adolescents are identified, and very popular sports such as soccer, alpine skiing, and throwing sports are discussed in individual chapters. Training schedules of value in the context of particular physiotherapeutic and medical interventions are described with the help of illustrations and charts. The authors are team physicians, coaches, sports scientists, training scientists, and physiotherapists involved in high-performance sports and recreational sports.
