

1. Record Nr.	UNINA9910300213303321
Autore	Gnecchi Sébastien
Titolo	Hand and Finger Injuries in Rock Climbers // by Sébastien Gnecchi, François Moutet
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2015
ISBN	3-319-16790-1
Edizione	[1st ed. 2015.]
Descrizione fisica	1 online resource (245 p.)
Collana	Sports and Traumatology, , 2105-0759
Disciplina	796.5223
Soggetti	Sports medicine Traumatology Orthopedics Human anatomy Radiology Medical rehabilitation Sports Medicine Traumatic Surgery Anatomy Diagnostic Radiology Rehabilitation Medicine
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.
Nota di contenuto	Introduction -- The Anatomy of the Hand -- Various Lesions -- Surgical Techniques -- Training and Back to Training -- Assessment and Safety -- Conclusion.
Sommario/riassunto	The aim of this book is not only to help climbers and coaches gain a better understanding of medical consultations, but also to offer insights into practical treatment. As regards the medical field, the explanation of the different forces exerted on fingers during climbing allows better assessment of the causes of injuries and can help injured climbers adjust when they return to training. Despite their small size and fragility, fingers are essential in rock-climbing. The publication of this book was motivated by the numerous possible injuries and the

required treatments, as well as the desire to connect medicine to this field. Combining scientific and medical research offers a new approach to training and practice. Indeed, promoting cooperation between specialists and coaches for the benefit of climbers can reduce the risk of lesions and improve training.
