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Nota di contenuto	Part I - Problems and Barriers for Successful Return to Sport -- 1. Advantages and Potential Consequences of Return to Sport After ACL Reconstruction: Quality of Life, Reinjury Rates, Knee Osteoarthritis -- 2. Common Symptom, Psychological, and Psychosocial Barriers to Return to Sport -- 3.The Arthritis Barrier: Long-Term Effects of ACL Trauma on Knee Joint Health -- Part II - Return to Sport: Whose Decision Is It? -- 4.Return to Sport Decision-Based Models -- 5.Role of the Team Physician, Orthopaedic Surgeon, and Rehabilitation Specialists -- 6. Return to Sport After Primary ACL Reconstruction in Amateur, Children, and Elite Athletes: Feasibility and Reinjury Concerns -- Part III - Spectrum of Optimal Treatment of ACL Injuries -- 7.What is the Scientific Basis for Knee Ligament Healing and Maturation to Restore

Biomechanical Properties and a Return to Sports? -- 8.Preoperative Rehabilitation: Basic Principles -- 9.Extended Preoperative Rehabilitation: Does It Influence Return to Sport After Surgery? -- 10 -- Intraoperative Considerations Crucial for a Successful Outcome -- 11. Early Postoperative Rehabilitation to Avoid Complications and Prepare for Return to Sport Training -- 12.Early Postoperative Role of Blood Flow Restriction Therapy to Avoid Muscle Atrophy -- Section IV - Return to Sport Advanced Training Concepts -- 13.Current Concepts of Plyometric Exercise -- 14.Sportsmetrics Neuromuscular Training: Basic and Advanced -- 15.Importance Steps for Return to Sport -- 16."Re-establishing Neurocognitive Function: Attentional Focus and Visual-Motor Training Neurocognitive Principles for ACL Rehabilitation and Re-Injury Risk Reduction (?? Title)" -- 17. Return to Sport for Soccer and Basketball.-18.Return to Sport for Tennis -- Section V - Objective Testing -- 19.The Physician's Comprehensive Examination for Return to Sport -- 20.Neuromuscular Function, Agility, and Aerobic Testing -- 21.Muscle Strength and Dynamic Balance Stability Tests -- 22. Neurocognitive Testing -- Section VI - Psychological Readiness -- 23. Validated Questionnaires to Measure Return to Sport and Psychological Factors -- 24.Return to Sport Psychological and Psychosocial Issues in the Athlete: Identification and Management of Psychosocial Issues in the Athlete for Return to Sport -- Section VII - Other Knee Operations -- 25.Return to Sport After ACL Revision Reconstruction: Is It Advisable? -- 26.Return to Sport Considerations in the Pre-Adolescent Athlete -- 27.Return to Sport After Meniscus Operations: Meniscectomy, Repair, and Transplantation -- 28.Return to Sport After Patellofemoral Realignment -- 29.Return to Sport After Articular Cartilage Restorative Procedures -- 30.Return to Sport After Unicondylar, Patellofemoral, and Total Knee Arthroplasty.

Sommario/riassunto

The wealth of information provided in this unique text will enable orthopedic surgeons, medical practitioners, physical therapists, and trainers to ensure that athletes who suffer anterior cruciate ligament (ACL) injuries, or who require major knee operations for other reasons, have the best possible chance of safely resuming sporting activity at their desired level without subsequent problems. Divided into seven thematic sections, the coverage is wide-ranging and encompasses common barriers to return to sport, return to sport decision-based models, and the complete spectrum of optimal treatment for ACL injuries, including preoperative and postoperative rehabilitation. Advanced training concepts are explained in detail, with description of sports-specific programs for soccer, basketball, and tennis. Readers will find detailed guidance on objective testing for muscle strength, neuromuscular function, neurocognitive function, and cardiovascular fitness, as well as validated assessments to identify and manage psychological issues. In addition, return to sport considerations after meniscus surgery, patellofemoral realignment, articular cartilage procedures, and knee arthroplasty are discussed. Generously illustrated and heavily referenced, Return to Sport after ACL Reconstruction and Other Knee Operations is a comprehensive resource for all medical professionals and support staff working with athletes and active patients looking to get back in the game with confidence.
