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Titolo	Prevention and Rehabilitation of Hamstring Injuries // edited by Kristian Thorborg, David Opar, Anthony Shield
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ISBN	3-030-31638-6
Edizione	[1st ed. 2020.]
Descrizione fisica	1 online resource (XVII, 347 p. 84 illus., 67 illus. in color.)
Disciplina	617.1027
Soggetti	Sports medicine Orthopedics Health promotion Rehabilitation Epidemiology Sports Medicine Health Promotion and Disease Prevention
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	1Functional anatomy and biomechanics -- 2 Basic muscle physiology in relation to hamstring injury and repair -- 3 Assessment of risk factors and factors associated with hamstring injury -- 4Diagnosis considerations in relation to acute and chronic hamstring injuries, including imaging, and muscle injury classification systems -- 5 Hamstring injury prevention including both pre-season and in-season interventions and management strategies -- 6 Rehabilitation of hamstring injuries, both acute and chronic -- 7 Rehabilitation of hamstring ruptures -- 8 Return to sport after hamstring injuries -- 9 Optimising hamstring muscle strength and function for performance -- 10 When conservative rehabilitation and injury prevention fails. (This will include injections, surgery etc.).
Sommario/riassunto	This innovative book presents the latest insights into hamstring strain injuries (HSI), one of the most common problems in elite and recreational sport, with a unique focus on prevention and rehabilitation. The research within this area has evolved rapidly over

the past 10 years and this text offers a comprehensive overview of the recent and most relevant advances. It fills a gap in the literature, since other books focus on muscle injuries in general and their surgical treatment. Structured around the current evidence in the field, it includes sections on functional anatomy and biomechanics; basic muscle physiology in relation to injury and repair; assessment of risk factors; and factors associated with hamstring strains. It also discusses considerations in relation to acute and chronic injuries and hamstring injury prevention, including pre-season and in-season interventions, as well as management strategies and rehabilitation protocols. The final chapter is devoted to additional interventions when conservative rehabilitation and injury prevention fail. Written by renowned experts in the field, this book will be of great interest to sports physiotherapists, sports physicians, physical trainers and coaches.
