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References

Chapter 3: Alpine Skiing and Snowboarding InjuriesThe Origin of the Sports and Their Development to the Current Stage; The Equipment Used: Essential and Safety Requirements; Alpine Skiing; Snowboarding; Equipment Common to Both Sports; Helmets; Miscellaneous Equipment; Off-Piste (Backcountry) Equipment; Injury and Fatality Rates and Specific Types of Injury Related to Each Sport; Overall Injury Risk; Risk of Death on the Slopes; Injuries from Alpine Skiing; Overall Injury Risk; Injury Classification; Injuries from Snowboarding; Overall Injury Risk; Injury Classification

Injuries Among Professional Skiers and SnowboardersInjuries Sustained in the Backcountry; Injuries by Anatomical Area; Lower Limb Injuries; Knee Injuries; Lower Leg Injuries; Ankle Injuries; Femur Injuries; Upper Limb Injuries; Shoulder Injuries; Wrist Injuries; Thumb Injuries; Elbow Injuries; Axial Injuries; Head Injury; Spinal Injury; Other Axial Injuries; Common Treatments for Each Sport and Relevant Rehabilitation; Proposed Prevention Measures; General Advice on Preventing Snow Sport Injuries; Advising Alpine Skiers on Injury Prevention; The Self-Test for Alpine Ski Bindings

Advising Snowboarders on Injury PreventionReferences; Chapter 4: Skydiving; The Origins of the Sport and Its Development to the Current Stage; History; Sporting Events; The Equipment Used: Essential and Safety Requirements; The Parachute; The Reserve Parachute; Automatic Reserve Activation Devices; Wing Loading; Supplemental Oxygen; Injury and Fatality Rates and Specific Types of Injury; Fatalities; Off Drop Zone Landings; Jump Plane Crashes; Injuries; Common Treatments and Relevant Rehabilitation; Local Emergency Services; "The Golden Hour"; Immediate Care; Initial Hospital Care

Rehabilitation

Sommario/riassunto

Adventure and extreme sports have developed significantly and gained enormous popularity over the past two decades, and are now performed by adventurous elite athletes as well as the recreational adventure sportsman. These sports, by definition, involve element of increased risk, and are usually performed in beautiful, exciting and remote locations or in extreme environments, far away from medical assistance. As more and more people are enjoying adventure sports, unfortunately increased numbers are becoming injured as a result. Future research is progressing alongside the sport development, to allow the sport mechanisms, injury patterns and predisposing factors to be better understood. It is the hope of all researchers to make the sports safer without detracting from their adventurous nature. This book combines the Editors love to the sports with their life as sports surgeons. The aim and scope of this text is to bring the 'sports medicine' involved in each of these sports into one volume. Each sport and discipline is explained together with their subtle similarities and differences, the common injury mechanisms, patterns of injury and treatment options and finally, the mental and physiological aspects of it all. In this book the Editors hope to deliver useful valuable information to surgeons, physicians, physical therapists and whoever treats or has interest in these amazing activities.