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Nota di contenuto	Anatomy and Biomechanics of the Medial Ulnar Collateral Ligament -- Clinically Relevant Elbow Anatomy and Surgical Approaches -- Ulnar Collateral Ligament: Throwing Biomechanics -- Monitoring the Throwing Motion: Current State of Wearables and Analytics -- Medial Ulnar Collateral Ligament Injury Prevention Strategies -- Valgus Extension Overload -- Ulnohumeral Chondral and Ligamentous Overload -- Epidemiology of Elbow Ulnar Collateral Ligament Injuries -- History and Physical Exam of the Thrower's Elbow -- Radiographic Imaging of the Elbow -- MR Imaging in Patients with Ulnar Collateral Ligament Injury -- Ultrasound Imaging of Ulnar Collateral Ligament Injury -- The Conservative Treatment of Ulnar Collateral Ligament Injuries -- The Role of Biologics in Ulnar Collateral Ligament Injuries -- Evolution of Surgical Reconstruction of the Medial Ulnar Collateral Ligament of the Elbow -- Ulnar Collateral Ligament Reconstruction:

Graft Selection and Harvest Technique -- Primary Repair of Ulnar Collateral Ligament Injuries of the Elbow -- Repair and Internal Brace Augmentation of the Medial Ulnar Collateral Ligament -- The Role of Arthroscopy in Athletes with Ulnar Collateral Ligament Injuries -- Biomechanics of Reconstruction Constructs -- Figure of 8 Technique and Outcomes -- Ulnar Collateral Ligament Reconstruction: Docking Technique -- Ulnar Collateral Ligament Reconstruction: American Sports Medicine Institute Technique and Outcomes -- Ulnar Collateral Ligament Reconstruction: Alternative Surgical Techniques -- Combined Flexor-Pronator Mass and Ulnar Collateral Ligament Injuries -- Ulnar Nerve Issues in Throwing Athletes -- Revision Ulnar Collateral Ligament Reconstruction -- Medial Ulnar Collateral Ligament Injuries in Baseball Position Players -- Management of UCL Injuries in Non-Throwing Athletes -- Ulnar Collateral Ligament Injury in Female Athletes -- Ulnar Collateral Ligament Injuries in High-School-Aged Athletes -- Medial Apophysitis in Adolescent Throwers Complications of Ulnar Collateral Ligament Reconstruction -- Sport-Specific Outcomes for Ulnar Collateral Ligament Reconstruction -- Rehabilitation of the Overhead Athlete's Elbow -- Sport-Specific Rehabilitation After Ulnar Collateral Ligament Surgery.

Sommario/riassunto

Now in a fully revised and expanded second edition, this practical text presents the current state of the art and latest advancements in the biomechanics, assessment, diagnosis and management of UCL injury in the elbow. In the years since this book's initial publication, significant developments have occurred on multiple fronts relating to elbow UCL injury, including injury prevention, less invasive repair techniques, more anatomical surgical reconstructions, and improved post-injury rehabilitation protocols. Chapters are once again arranged thematically, beginning with discussion of the relevant anatomy and surgical approaches, throwing biomechanics and overload mechanisms, epidemiology, history and physical exam. After a description of the radiological approaches to assessment, both conservative and surgical strategies are outlined and discussed in detail, from repair both with and without augmentation to reconstruction both arthroscopically and with newer minimally invasive techniques. Considerations for UCL injury in special populations – the young athlete and the female athlete – and sports-specific rehabilitation, return-to-play and prevention via wearable technology round out this thorough presentation. Enhanced with select video clips illustrating surgical techniques, *Elbow Ulnar Collateral Ligament Injury, Second Edition* remains a go-to resource for orthopedic surgeons, sports medicine specialists, therapists and trainers who work with athletes that suffer from these conditions.
