1. Record Nr. UNINA9910957205203321

Titolo	Reducing stress fracture in physically active military women / / Subcommittee on Body Composition, Nutrition, and Health of Military Women, Committee on Military Nutrition Research, Food and Nutrition Board, Institute of Medicine
Pubbl/distr/stampa	Washington, D.C., : National Academy Press, 1998
ISBN	9786610186846 9780309173636 0309173639 9781280186844 1280186844 9780309591898 0309591899 9780585037240 0585037248
Edizione	[1st ed.]
Descrizione fisica	1 online resource (xii, 117 pages) : illustrations
Disciplina	617.15052
Soggetti	Stress fractures (Orthopedics) Women soldiers - Health and hygiene - United States Women soldiers - Nutrition - United States Physical education and training, Military
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references (p. 59-67).
Nota di contenuto	Reducing Stress Fracture in Physically Active Military Women -- Copyright -- Preface -- HISTORY OF THE SUBCOMMITTEE -- COMMITTEE TASKS AND PROCEDURES -- ORGANIZATION OF THE REPORT -- ACKNOWLEDGMENTS -- Contents -- Executive Summary -- CHARGE TO THE COMMITTEE -- METHODS -- ORGANIZATION OF THE REPORT -- RESPONSE TO TASK QUESTIONS -- Conclusions -- Recommendations -- Conclusions -- Recommendations -- Conclusions -- Recommendations -- Conclusions -- Recommendations -- Conclusions -- Recommendations --

RECOMMENDATIONS FOR FUTURE RESEARCH BY THE MILITARY -- 1 Pathophysiology and Epidemiology of Stress Fractures in Military Women -- ESSENTIAL CONCEPTS -- HORMONAL REGULATION OF BONE METABOLISM AND REMODELING -- PATHOPHYSIOLOGY OF STRESS FRACTURES -- Bone Loading -- Accelerated Remodeling -- Microdamage -- DIAGNOSIS -- EPIDEMIOLOGY -- Military Training Programs -- Army -- Navy and Marine Corps -- Air Force -- Fitness Levels of Recruits -- SUMMARY -- 2 Bone Health and Risk Factors -- BONE MINERAL DENSITY -- TECHNICAL MEASUREMENTS -- Bone Markers -- Bone Mass -- Genetic Markers -- Diet -- BODY COMPOSITION -- PHYSICAL ACTIVITY AND FITNESS -- ORAL CONTRACEPTIVES -- OTHER LIFESTYLE FACTORS -- SUMMARY -- 3 Effects of Caloric Intake, Physical Activity and Hormonal Factors on Bone Health -- CALORIC/HORMONAL FACTORS -- Effects of Low Energy Intake on Hormonal Levels and Bone Health -- Effect of Dieting and Weight Loss on Bone Health -- Incidence of Caloric Restriction and Disordered Eating Patterns in Military Women -- Hypothalamic Amenorrhea and Bone Health -- Possible Effects of Excessive Exercise on Bone Health -- SUMMARY -- 4 Conclusions and Recommendations -- RESPONSE TO TASK QUESTIONS -- CONCLUSIONS -- RECOMMENDATIONS -- Bone Mass and Bone Health -- Fitness and Training -- Reproductive Health and Bone Health -- Energy Intake and Bone Health.
RECOMMENDATIONS FOR FUTURE RESEARCH -- Bibliography -- A Workshop Agenda and Abstracts -- WORKSHOP AGENDA -- Agenda -- WORKSHOP ABSTRACTS -- STRESS FRACTURE AMONG PHYSICALLY ACTIVE WOMEN IN THE GENERAL POPULATION -- PHYSICAL TRAINING INTERVENTIONS TO REDUCE STRESS FRACTURE INCIDENCE IN NAVY AND MARINE CORPS RECRUIT TRAINING -- Introduction -- Ongoing Research -- Conclusions -- STRESS FRACTURE EXPERIENCE AT FORT JACKSON -- Introduction -- Physical Training and Rehabilitation Program -- Experience and Interesting Observations -- Interventions -- IS THERE A GENETIC BASIS FOR STRESS FRACTURES? -- STRUCTURAL INDICES OF STRESS FRACTURE SUSCEPTIBILITY IN FEMALE MILITARY RECRUITS -- Introduction -- Materials and Methods -- Results -- Discussion and Conclusions -- References -- QUANTITATIVE ULTRASOUND AND OTHER RISK FACTORS FOR STRESS FRACTURE DURING BASIC TRAINING IN FEMALE U ... -- CALCIUM INTAKE AND EXERCISE LEVEL: SYNERGISTIC EFFECTS ON BONE -- CALCIUM AND IRON: FOOD VERSUS SUPPLEMENTS -- Mineral Requirements -- Bioavailability -- Nutrient-Nutrient Interactions -- Foods Versus Supplements -- DIETARY CALCIUM AND RELATED NUTRIENT INTAKES IN MILITARY MEN AND WOMEN -- References -- EFFECTS OF PROLONGED INACTIVITY ON THE MUSCULOSKELETAL SYSTEM WITH EVALUATION OF COUNTER MEASURES -- Introduction -- Review -- Conclusions -- EFFECT OF MODULATORS OF BONE TURNOVER ON CHANGES IN MARKERS OF BONE TURNOVER -- IGF-1, MUSCLE MASS, AND BONE DENSITY -- DIETARY ENERGY REQUIREMENTS IN PHYSICALLY ACTIVE MEN AND WOMEN: THRESHOLD EFFECTS ON REPRODUCTIVE FUNCTION -- EFFECT OF PREGNANCY ON THE FITNESS AND HEALTH OF POSTPARTUM SOLDIERS -- Results -- Conclusions -- THE ART AND SCIENCE OF LONGITUDINAL STUDIES OF HEALTHY YOUNG PEOPLE -- B Military Recommended Dietary Allowances(AR 40-25, 1985: Chapters 1 and 2) -- CONTENTS -- CHAPTER 1 INTRODUCTION -- 1-1. Purpose -- 1-2. References.
1-3. Explanation of abbreviations and terms -- 1-4. Responsibilities -- CHAPTER 2 NUTRITIONAL ALLOWANCES AND STANDARDS -- 2-1. Military recommended dietary allowances -- 2-2. Estimated safe and

adequate daily dietary intakes -- 2-3. Nutrient standards for operational and restricted rations -- 2-4. Energy requirements -- 2-5. Nutrient discussion -- C Dietary Reference Intakes for Calcium and Related Nutrients (IOM, 1997) -- D Biographical Sketches -- E Abbreviations.

Sommario/riassunto

The incidence of stress fractures of the lower extremities during U.S. military basic training is significantly higher among female military recruits than among male recruits. The prevalence of this injury has a marked impact on the health of service personnel and imposes a significant financial burden on the military by delaying completion of the training of new recruits. In addition to lengthening training time, increasing program costs, and delaying military readiness, stress fractures may share their etiology with the longer-term risk of osteoporosis. As part of the Defense Women's Health Research Program, this book evaluates the impact of diet, genetic predisposition, and physical activity on bone mineral and calcium status in young servicewomen. It makes recommendations for reducing stress fractures and improving overall bone health through nutrition education and monitored physical training programs. The book also makes recommendations for future research to evaluate more fully the effects of fitness levels, physical activities, and other factors on stress fracture risk and bone health.

2. Record Nr. UNINA9910523754903321

Titolo	Ultrasonography for the Upper Limb Surgeon / / edited by Thomas Apard, Jean Louis Brasseur
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2022
ISBN	3-030-84234-7
Edizione	[1st ed. 2022.]
Descrizione fisica	1 online resource (194 pages)
Collana	Medicine Series
Disciplina	616.07543 617.5707543
Soggetti	Orthopedics Radiology Sports medicine Physical therapy Orthopaedics Sports Medicine Physiotherapy Braç Espatlla Ecografia Diagnòstic per la imatge Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	I Shoulder -- 1 Ultrasonography of the rotator cuff -- 2 ultrasonography of the postoperative long biceps tendon -- 3 ultrasonography of the coracoid apophysis -- 4 ultrasonography of the acromioclavicular joint -- 5 ultrasonography of the shoulder arthroplasty -- II Elbow -- 6 ultrasonography of the lateral side of the elbow -- 7 ultrasonography of the median nerve at the elbow -- 8 ultrasonography of the ulnar nerve at the elbow -- 9 ultrasonography of the radial nerve at the elbow -- III – Forearm -- Chapter 10 ultrasonography of the interosseous membrane at the forearm -- 11

ultrasonography of the pronator quadratus -- IV Wrist/Hand -- 12 ultrasonography of the extensor carpi ulnaris tendon -- 13 ultrasonography of the scapholunate ligament -- 14 ultrasonography of the carpal tunnel -- 15 ultrasonography of triangular fibrocartilage complex -- 16 ultrasonography of De Quervain tenosynovitis -- 17 ultrasonography of the trapezometatacarpal joint -- V Finger -- 18 ultrasonography of the flexor tendons of the finger -- 19 ultrasonography of extensor tendons of the finger -- 20 ultrasonography of the metacarpophalangeal joint of the thumb -- 21 ultrasonography of the nail. .

Sommario/riassunto

This book combines orthopedists' and radiologists' perspectives to provide a comprehensive overview of the rapidly expanding use of ultrasound in orthopedic surgery. It also highlights the growing awareness of the potential of this non-invasive and portable, real-time imaging tool, which has led to its inclusion in the minimally invasive toolkit of upper limb surgeons. The book is divided into five parts – shoulder, elbow, forearm, hand and wrist and fingers. Each part focuses on a particular anatomic region or joint, carefully analyzing the sonoanatomy of its nerves, tendons and bones. For each region, experienced experts illustrate how to perform specific techniques under ultrasound control, ranging from classic procedures, like carpal tunnel release, to the treatment of less common conditions. Covering all the basic and practical aspects of this innovative, multi-disciplinary approach, as well as future perspectives, this unique book is a must-read for all orthopedists, radiologists, sports physicians and physiotherapist wanting to gain insights into this promising field.