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Nota di contenuto	1 Introduction -- I Basics -- 2 Injury Statistics -- 3 Anatomy and Biomechanics of the Hand -- 4 Physiology of Rock Climbing -- 5 Imaging of Climbing Injuries -- II Orthopedic Section: Upper Extremity -- 6 Hand and Finger -- 7 Wrist -- 8 Elbow and Forearm -- 9 Shoulder -- III Orthopedic Section: Lower Extremity -- 10 Feet and Ankle -- 11 Hip and Knee -- 12 The spine -- 13 Long term effects of intense rock

climbing -- 14 Pediatric aspects in young rock climbers -- 15 Anorexia athletica and RED's -- 16 Climbing with medical conditions -- 17 Climbing and Pregnancy -- 18. Sportsmedical Supervision of Climbers -- 19 Taping -- 20 Rehabilitation -- 21 Prevention -- 22 Future aspects – climbing in the Olympics.

Sommario/riassunto

This book comprehensively discusses the medical aspects of sports climbing, a still young but emerging sport, which will be one of the disciplines at the Tokyo Olympics. Its rapid development from niche to popular sport has been accompanied by an increase in the number of climbing-sports-specific injuries and has attracted growing interest within the sports medicine community. Gathering expertise from around the globe, the book covers all aspects related to this discipline – from physiology, biomechanics and anatomy through upper and lower extremity injuries to cardiology, gynecology, pediatric and adolescent conditions. Following a coherent structure, each chapter equips readers with evidence-based diagnostic and therapeutic guidelines. Enriched by a wealth of pictures, this manual offers a timely and up-to-date resource for sports physicians, orthopedic surgeons and traumatologists, as well as trainers, physiotherapists and other health professionals involved in climbing.