

1. Record Nr.	UNINA9910480258503321
Autore	Merrill Miles
Titolo	Slam your poetry : write a revolution // Miles Merrill and Narcisa Nozica
Pubbl/distr/stampa	Sydney, N.S.W. : , : NewSouth, , 2020
ISBN	1-74224-477-7
Descrizione fisica	1 online resource (319 pages)
Disciplina	808.545
Soggetti	Poetry slams Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.

2. Record Nr.	UNINA9910574040103321
Titolo	Climbing Medicine : A Practical Guide // edited by Volker Schöffl, Isabelle Schöffl, Christoph Lutter, Thomas Hochholzer
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2022
ISBN	3-030-72184-1
Edizione	[1st ed. 2022.]
Descrizione fisica	1 online resource (319 pages)
Collana	Medicine Series
Disciplina	796.5223 617.1027
Soggetti	Sports medicine Orthopedics Sports sciences Bones Physiology Muscles - Physiology Sports Medicine Orthopaedics Sports Biomechanics Bone Physiology Muscle Physiology Escalada Caigudes (Accidents) Medicina esportiva Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
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 Ellbow 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.
