

1. Record Nr.	UNINA9910787629203321
Autore	Noyes Frank R.
Titolo	Stress fractures, bone bruises, and shin splints : everything you need to know to make the right treatment decision / / Frank R. Noyes and Sue Barber-Westin
Pubbl/distr/stampa	Minneapolis, Minnesota : , : Publish Green, , [2014] ©2014
ISBN	1-62652-597-8
Edizione	[1st ed.]
Descrizione fisica	1 online resource (121 p.)
Disciplina	617.15
Soggetti	Stress fractures (Orthopedics) Muscles - Physiology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	""Cover Page""; ""About the Authors""; ""Introduction""; ""All About Bones""; ""Stress Fractures""; ""What is a Stress Fracture?""; ""How Stress Fractures Happen""; ""Where Stress Fracture Occur""; ""Risk Factors""; ""Medical Evaluation and Diagnosis""; ""Patient Examples""; ""Treatment""; ""Potential Problems, Reoccurrence Issues, and Long-term Damage""; ""Vital Minerals for Bone Health: Vitamin D and Calcium""; ""The Female Athlete Triad""; ""Prevention""; ""Insufficiency Fractures (Occult Fractures)""; ""Avascular Necrosis (Osteonecrosis)""; ""Bone Bruises""; ""What is a Bone Bruise?"" ""How Bone Bruises Happen""""Where Bone Bruises Occur""; ""Risk Factors""; ""Medical Evaluation and Diagnosis""; ""Treatment""; ""Potential Problems, Reoccurrence, and Long-Term Damage""; ""Shin Splints""; ""What are Shin Splints?""; ""How Medial Tibial Stress Syndrome Happens""; ""Risk Factors""; ""Medical Evaluation and Diagnosis""; ""Treatment""; ""Potential Problems, Reoccurrence Issues""; ""Prevention""; ""Home Exercises for Strengthening and Flexibility of the Lower Extremity""; ""Health, Fitness Club Exercise Machines""; ""Pool Training""; ""Acronyms and References""
Sommario/riassunto	There are many different types of injuries that can happen to bones in the human body. A fracture represents a complete break in which the

pieces of bone completely separate. This injury may occur as a result of direct trauma to the bone, or from other factors such as advanced age or a metabolic bone disease such as osteoporosis. However, there are other bone injuries that can be just as problematic (or even more so), such as stress fractures, insufficiency fractures, bone bruises, and shin splints. Although these types of bone injuries do not represent a complete break of a bone, they can cau
