

1. Record Nr.	UNINA9910790910903321
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Titolo	Soccer injury prevention and treatment : a guide to optimal performance for players, parents and coaches // John Gallucci Jr. ; Tab Ramos, foreword ; Julia Pastore, acquisition editor
Pubbl/distr/stampa	New York : , : Demos Medical, , 2014 ©2014
ISBN	1-61705-219-1
Descrizione fisica	1 online resource (228 p.)
Disciplina	617.1/0276334
Soggetti	Soccer injuries - Prevention Soccer injuries - Treatment
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Cover; Title; Copyright; Contents; Foreword; Introduction; Chapter 1: Youth Injuries; Sever's Disease; Mechanism of Injury; Signs and Symptoms of Sever's Disease; Treatment of Sever's Disease; Osgood-Schlatter's Disease; Signs and Symptoms of Osgood-Schlatter's Disease; Treatment of Osgood-Schlatter's Disease; Patellofemoral Syndrome; Mechanism of Injury; Signs and Symptoms of Patellofemoral Syndrome; Treatment of Patellofemoral Syndrome; Chapter 2: Overuse Injuries; Achilles Tendinitis; Stages of Tendinitis; Signs and Symptoms of Achilles Tendinitis; Prevention of Achilles Tendinitis Treatment of Achilles Tendinitis Patellar Tendinitis; Prevention of Patellar Tendinitis; Treatment of Patellar Tendinitis; IT Band Syndrome; Prevention of IT Band Syndrome; Treatment of IT Band Syndrome; Tibial Stress Reactions (Stress Fractures and Shin Splints); Signs and Symptoms of Tibial Stress Reactions; Causes of Tibial Stress Reactions; Treatment of Tibial Stress Reactions; Bursitis; Prevention of Bursitis; Treatment of Bursitis; Chapter 3: Foot and Ankle Injuries; Anatomical Makeup of the Ankle Joint; The "Tweaked" Ankle; Degrees of Sprains; Mechanism of Injury in Ankle Sprains So I've Sprained My Ankle ... Now What?! Treatment of the Acute Ankle Injury; Skeletal Muscle Pump; The Eight Goals of Rehabilitation; Prevention of Ankle Sprains; Syndesmotoc or "High" Ankle Sprain;

Mechanism of Injury for High Ankle Sprains; Signs and Symptoms of High Ankle Sprains; Treatment of the High Ankle Sprain; Plantar Fasciitis; Anatomical Makeup; Mechanism of Injury for Plantar Fasciitis; Signs and Symptoms of Plantar Fasciitis; Treatment of Plantar Fasciitis; Prevention of Plantar Fasciitis; Metatarsalgia; Anatomical Makeup; Mechanism of Injury for Metatarsalgia
Signs and Symptoms of Metatarsalgia
Treatment of Metatarsalgia; Prevention of Metatarsalgia; Lisfranc Fracture; Anatomical Makeup; Mechanism of Injury for a Lisfranc Fracture; Classifications of Lisfranc Fractures; Treatment of Lisfranc Fractures; Jones Fractures; Mechanism of Injury for Jones Fractures; Treatment of Jones Fractures; Chapter 4: Knee Injuries; Medial Collateral Ligament (MCL) Injuries; Treatment of MCL Injuries; Prevention of MCL Injuries; Lateral Collateral Ligament Sprains and Tears; ACL Injuries; Mechanism of Injury for ACL Injuries; Signs and Symptoms of ACL Injuries
Treatment of ACL Injuries
Surgical Repair of the ACL; Preoperative Care; Postoperative Care; Predisposing Factors for ACL Injuries; A Brief Discussion of Partial ACL Tears; Prevention of ACL Injuries; Meniscus Injuries; Mechanism of Injury to the Meniscus; Signs and Symptoms of Meniscus Injuries; Treatment of Meniscus Injuries; Prevention of Meniscus Injuries; Patellar Dislocations; Signs and Symptoms of Patellar Dislocations; Mechanism of Injury for Patellar Dislocations; Treatment of Patellar Dislocations; Prevention of Patellar Dislocations; Chapter 5: Hip and Thigh Injuries
Biomechanical Analysis of the Leg Kick

Sommario/riassunto

Written by the medical coordinator for Major League Soccer and experienced physical therapist who treats athletes of all ages and abilities, an essential book for every player, parent, and coach. Soccer has a higher injury rate than any other contact sport. Student athletes, weekend warriors, and professional players alike all need guidance to prevent the injuries that can put you out of the game. Soccer Injury Prevention and Treatment is your comprehensive, illustrated guide to the best training, strengthening, stretching, nutrition, and hydration regimes to keep you safe and on the field. Jo
