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Nota di contenuto	The IOC Manual of Sports Injuries: An Illustrated Guide to the Management of Injuries in Physical Activity; Contents; Contributors List; Foreword; Preface; 1 Types and Causes of Injuries; Acute Injuries and Overuse Injuries; Why Do Injuries Occur?; Various Types of Injuries; Ligaments; Structure and Function; Adaption to Training; Ligament Injuries; Tendons; Structure and Function; Adaptation to Training; Tendon Injuries; Bone; Structure and Function; Adaptation to Training; Fractures; Cartilage; Structure and Function; Adaptation to Training; Cartilage Injury; Muscle; Structure and Function Adaptation to TrainingMuscle Injuries; 2 Treating Sports Injuries; Treating Acute Injuries-The PRICE Principle; Protection and Rest/Optimal Loading; Cold Treatment (Ice); Compression Treatment; Elevation; Treating Overuse Injuries-Changing the Loading Pattern; External Risk Factors; Internal Risk Factors; Prevention of Overuse Injuries; Preventing Inactivity; Principles for Rehabilitation of Sport Injuries; Acute Stage; Rehabilitation Stage; Training Stage; Methods of Supportive Therapy; Drug Therapy; Cold Therapy; Heat Therapy; 3

Preventing Sport Injuries; Introduction

Incidence and Severity of Sport Injuries Causes and Risk Factors; Risk Analysis; Principles for Preventing Sport Injuries; General Injury Prevention Measures; Preventing Ankle Injuries; Preventing Knee Injuries; Preventing Hamstring Strain; Preventing Groin Injuries; Preventing Shoulder Injuries; 4 Head and Face; Head Injuries; Definition; Occurrence; Differential Diagnoses; Diagnostic Thinking; Case History; Sideline or First-aid Management; Clinical Examination; Supplemental Examinations; Specific Diagnoses-Common Injuries; Brain Concussion-Comotio Cerebri; Other Specific Diagnoses Diffuse Cerebral Swelling and Second Impact Syndrome!Cranial Fracture-Skull Fracture!; Acute Subdural Hematoma!; Extradural Hematoma!; Traumatic Intracerebral Hematoma/Contusion!; Traumatic Subarachnoid Hemorrhage!; Post-traumatic Epilepsy; Post-traumatic Headache; Facial Injuries; Occurrence; Differential Diagnoses; Diagnostic Thinking; Clinical Examination; Supplemental Examinations; Specific Diagnoses-Common Injuries; Grazes; Soft Tissue Contusions; Lacerations/Cuts; Nasal Fractures; Mandibular Fractures; Zygomatic Fracture; Tooth Luxation; Tooth Fracture; Other Specific Diagnoses Soft-Tissue Loss!Intraoral Soft-tissue Injuries-Soft-tissue Injuries in the Oral Cavity; Frontal Bone Fracture; Orbital Fracture-Eye Socket Fracture; "The White Eye Syndrome"!; Retrobulbar Hematoma!; Maxillary Fracture-Midface Fracture!; Nasoorbitoethmoid Fracture-Combined Nose and Lacrimal Bone Fractures!; Panfacial Fractures-Multiple Fractures in the Facial Skeleton!; Alveolar Ridge Fracture; Foreign Object in the Eye; Corneal Erosion!; Contusion of the Eyeball!; Perforation of the Eyeball!; Rehabilitation of Acute Head and Facial Injuries; Goals and Principles; Return to Sport; Concussion Catastrophic or Severe Head Injury

Sommario/riassunto

Created in collaboration with the Medical Commission of the International Olympic Committee, this new manual distills the latest advances in sports medicine into clinically relevant, practical guidance on treating sports injuries. Ideal for primary care physicians, ER physicians, physical therapists, athletic trainers, nurse practitioners, and physician assistants, the book embraces a problem-oriented approach to guide the reader through assessment and management of the most common injuries and disorders. Over 500 full-color illustrations augment the text, showing readers detailed views o
