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Collana	Evidence-Based Medicine
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Nota di contenuto	Evidence-based Sports Medicine; Contents; Contributors; Preface; Section 1: Prevention; 1 Is it possible to prevent sports and recreation injuries? A systematic review of randomized controlled trials, with recommendations for future work; 2 Evidence-based preparticipation physical examination; 3 Does stretching help prevent injuries?; 4 What effect do core strength and stability have on injury prevention and recovery?; 5 Do foot orthoses prevent injury?; 6 Who should retire after repeated concussions? 7 What recommendations should be made concerning exercising with a fever and/or acute infection?8 Should you play sport with a congenital or acquired abnormality of a solid abdominal organ?; 9 What type of exercise reduces falls in older people?; 10 Is there a role for exercise in the prevention of osteoporotic fractures?; Section 2: Acute injury; 11 What is the role of ice in soft-tissue injury management?; 12 Compression; 13 NSAIDs and pain management in sports; Section 3: Chronic conditions; 14 Benefits of regular exercise in the treatment and management of bronchial asthma

15 What is the role of exercise in the prevention of back pain? 16 How should you treat spondylolysis in the athlete?; Section 4: Injuries to the upper limb; 17 How evidence-based is our examination of the shoulder?; 18 How effective are diagnostic tests for the assessment of rotator cuff disease of the shoulder?; 19 How should you treat an athlete with a first-time dislocation of the shoulder?; 20 Are corticosteroid injections as effective as physiotherapy for the treatment of a painful shoulder?; 21 How should you treat tennis elbow? An updated scientific evidence-based approach
Section 5: Injuries to the groin and knee 22 How reliable is the physical examination in the diagnosis of sports-related knee injuries?; 23 What is the optimal treatment of acute anterior cruciate ligament injury?; 24 What is the most appropriate treatment for patellar tendinopathy?; 25 How do you treat chronic groin pain?; Section 6: Injuries to the lower leg; 26 How evidence-based is our clinical examination of the ankle?; 27 Can we prevent ankle sprains?; 28 How should you treat a stress fracture?; 29 What is the best treatment of subcutaneous rupture of the Achilles tendon?
30 How to manage plantar fasciitis Multiple-choice question answers;
Index

Sommario/riassunto

This second edition of the popular book Evidence-based Sports Medicine builds on the features that made the first edition such a valuable text and provides a completely up-to-date tool for sports medicine physicians, family practitioners and orthopedic surgeons. Updated to take into account new evidence from systematic reviews and controlled trials, Evidence-based Sports Medicine is a unique reference book on the optimum management of sports-related conditions. This second edition: contains sections on acute injury, chronic conditions, and i
