Shoulder and the Overhead Athlete, The

Written by a multidisciplinary team of expert shoulder surgeons, athletic trainers, and physical therapists, this volume is the most complete and up-to-date reference on the evaluation, treatment, rehabilitation, and prevention of shoulder injuries in throwing and other overhead athletes.

The first section includes chapters on shoulder anatomy and biomechanics, clinical examination, radiographic evaluation, resistance training and core strengthening, and specific exercises for the throwing shoulder. The second section describes state-of-the-art techniques for treatment and rehabilitation of each type of injury. The concluding section focuses on sport-specific injuries from baseball, football, tennis, and swimming. More than 300 illustrations complement the text.

Publication Year: 2004
Edition: 1st Ed.
Author/Editor: Krishnan, Sumant G.; Hawkins, Richard J.; Warren, Russell F.
Publisher: Lippincott Williams & Wilkins (LWW)
ISBN: 978-0-781-74614-4
Platform: OvidMD, Ovid
Product Type: Book
Speciality: Orthopedics, Physical Therapy, Sports Medicine
Language: English
Pages: 428
Illustrations: 360
Included In: Lippincott Williams & Wilkins Classic Book Collection 2018, Lippincott Williams & Wilkins Sports Medicine and Orthopaedics Book Collection 2018