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This book provides clinicians treating athletes at the point of care with concise, practical keys to evaluation and functional treatment of sports-related problems is organized by chief complaint and guides clinicians to a rational differential diagnosis, a thorough history and physical exam, appropriate diagnostic testing, an accurate diagnosis, a sports-specific treatment plan, and safe return-to-play recommendations.

Bulleted sections, icons, and a uniform layout help readers quickly find key information to make a diagnosis, order tests, initiate treatment, recognize indications for referral, and identify red flags. Appendices describe injection techniques and detail progressive return-to-play programs for throwing and running athletes.

Publication Year: 2009
Edition: 1st Ed.
Author/Editor: Busconi, Brian D.; Stevenson, J. Herbert
Publisher: Lippincott Williams & Wilkins (LWW)
ISBN: 978-0-781-78720-8
Platform: OvidMD, Ovid
Product Type: Book
Speciality: Physical Therapy
Sports Medicine
Language: English
Pages: 352
Illustrations: 160
Included In: Lippincott Williams & Wilkins Classic Book Collection 2018
Lippincott Williams & Wilkins Sports Medicine and Orthopaedics Book Collection 2018