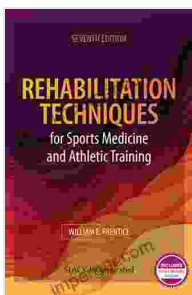


Rehabilitation Techniques For Sports Medicine And Athletic Training: The Ultimate Guide to Recovery

Rehabilitation is an essential part of sports medicine and athletic training. It helps athletes recover from injuries, improve their performance, and prevent future injuries. Rehabilitation techniques can be used to treat a wide range of injuries, from sprains and strains to fractures and dislocations.



Rehabilitation Techniques for Sports Medicine and Athletic Training: Seventh Edition by William E. Prentice

★★★★☆ 4.6 out of 5

Language : English
File size : 22712 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 1958 pages



This book provides a comprehensive overview of rehabilitation techniques for sports medicine and athletic training. It covers everything you need to know to help your athletes recover from injury and get back to playing their best.

Chapter 1: The Basics of Rehabilitation

This chapter provides an overview of the basics of rehabilitation. It covers the following topics:

* The goals of rehabilitation * The phases of rehabilitation * The role of the rehabilitation team * The importance of patient education

Chapter 2: Assessment and Evaluation

This chapter discusses the assessment and evaluation of athletes with injuries. It covers the following topics:

* The history and physical examination * Special tests * Imaging studies * Functional testing

Chapter 3: Treatment Techniques

This chapter provides a detailed overview of rehabilitation techniques. It covers the following topics:

* Range of motion exercises * Strengthening exercises * Proprioceptive exercises * Balance exercises * Cardiovascular exercises * Manual therapy * Electrical stimulation * Ultrasound * Laser therapy

Chapter 4: Return to Play

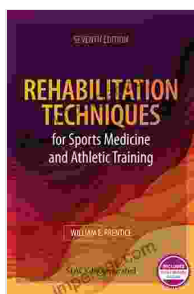
This chapter discusses the process of returning athletes to play after an injury. It covers the following topics:

* The criteria for return to play * The gradual return to play process * The importance of monitoring athletes after they return to play

Chapter 5: Case Studies

This chapter presents a series of case studies of athletes who have successfully recovered from injuries. These case studies illustrate the principles and techniques of rehabilitation.

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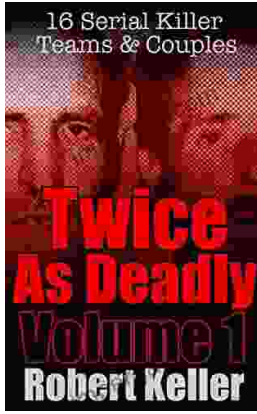


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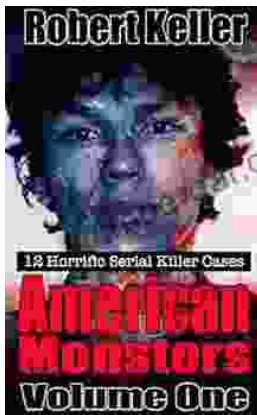
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