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David Perrin examines the major joints & muscle groups, offering step-by-step taping & bracing techniques for the prevention & management of sports injuries.

The premier text for athletic taping and bracing is now revised in a stunning third edition. Athletic Taping and Bracing retains its emphasis on the techniques most commonly used by athletic trainers and therapists while integrating the science of anatomy and injury mechanisms with the practice of athletic taping and bracing. Plus, the third edition expands on traditional taping by including methods for rigid strap taping and elastic kinesiology taping. Athletic Taping and Bracing, Third Edition, includes more than 480 full-color illustrations and photos, providing invaluable visual aids for both students and professionals. These include superb three-dimensional anatomical images from Primal Pictures. The photos that depict taping sequences feature tape with darkened edges that enable readers to distinguish the layers and patterns of the tape applied in each step. With its concise anatomical descriptions and detailed anatomical illustrations similar to those normally found in advanced texts on anatomy, the book clearly highlights the mechanisms of injury that are crucial for understanding effective taping and bracing. The text thoroughly discusses and illustrates the general principles of taping and bracing for each major joint and body region. The third edition adds step-by-step instructions for 10 additional techniques, including elastic kinesiology taping and rigid strap taping techniques for gastrocnemius strains, Achilles tendinitis, and arch problems; knee, quadriceps, and hip problems; shoulder and elbow hyperextension laxity; epicondylitis; and wrist and hand issues. The book also features newly added instructor resources consisting of an image bank and testing checklists to help students master the taping procedures. The text covers the 46 most frequently applied taping and bracing procedures in clinical practice, some of which are broken down into as many as 16 steps. It illustrates procedures for fabricating protective pads and orthotics, and it details the dos and don'ts of taping and bracing. To emphasize rehabilitation as well as prevention, Athletic Taping and Bracing, Third Edition, also presents basic stretching and strengthening exercises for injury rehabilitation. These exercises, presented and illustrated for each body part, focus on flexibility, strength, and proprioception. Combined with the taping and bracing procedures, the exercises will help rehabilitated athletes maintain strength and flexibility and safely return to play. With Athletic Taping and Bracing, Third Edition, readers will learn the evidence-based foundations and techniques of taping and bracing, as well as how taping and bracing can aid an athlete's total rehabilitation. The coverage of rehabilitation exercises as well as prevention will help

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readers become more effective health care providers for athletes and other active people with musculoskeletal injuries and problems.

What are the needs of my client? Which technique should I apply based on the injury/condition? How effective is this technique? Master the art and science of taping, wrapping, bracing, and padding techniques for the prevention, treatment, and rehabilitation of common athletic injuries and conditions. Step by step, the author details multiple methods for each injury/condition--not just the most popular approach You'll learn which technique to use and how to analyze the effectiveness of the technique. Full-color photographs give you a clear understanding of each step. Insightful discussions develop the critical-thinking skills you need to meet the needs of the client. See what students are saying about the 2nd Edition... Best Taping book ever made "This one of the best taping, brace, wrapp and padd books I ever...[had] because it illustrates all procedures needed to help the athletic injuries prevention. It gives the best and alternative ways to ensure the athlete protection and also the best explanation of these methods through great pictures."--Axel Melendez Roman So HELPFUL "Plain and simple...This book has EVERYTHING you will ever need in an Athletic training taping class. All of the tape jobs are there. There are plenty of different versions of most of the basic tape jobs. The instructions are easy to follow, and it helps out so much more than a couple of notes scribbled down in a spiral." --Thomas Barkoski

This highly-illustrated manual is an all-inclusive examination of taping, wrapping, bracing, and padding techniques for the injury prevention, treatment, and rehabilitation of common athletic injuries and conditions. Grounding students with an understanding of the research behind the methods, this comprehensive text will provide students a foundation of knowledge that will be key to their understanding, selecting, and performing the most effective techniques for athletes and patients in their care. This book encourages a critical thinking approach to risk management and injury prevention, treatment, and rehabilitation. Features include: Covers more than 200 taping, wrapping, bracing, and padding techniques; Multiple step-by-step photographs clearly illustrate each procedure; Helpful Hints offer quick tips and other "tricks of the trade"; and more. (Midwest).

Athletic Taping, Bracing, and Casting features step-by-step instructions for the most common and frequently applied taping, bracing, and casting procedures in clinical practice.

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Prepare athletic trainers to provide emergency treatment for acute sports-related injuries and illnesses in children, adolescents, and adults—on and off the field. Noted practitioners and educators address all aspects of the evaluation and management of the full-range of medical problems that may be encountered. From emergency evaluation and airway management through the major categories of injury, this timely text meets a critical need in the classroom and in practice.

This text embraces the philosophy of 'active' conservative care and a multidisciplinary team approach to treatment. It addresses site specific sports injuries, as well as diagnostic imaging, strength and conditioning, nutrition and steroid use.

Sports Medicine Essentials: Core Concepts in Athletic Training, Second Edition introduces students to potential careers in the Sports Medicine field, from

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Fitness Instructor to Athletic Trainer. This comprehensive text surveys a broad scope of knowledge related to the Sports Medicine field, encompassing fitness assessment, conditioning, emergency preparedness, injury management, therapeutic modalities, nutrition, ethical and legal considerations and much more. To help introduce students to an array of exciting careers, it features enrichment activities that include researching the cost of sports medicine supplies, demonstrate taping techniques, and the forming of a safety committee to devise a plan to minimize risk to a team, athletes or clients. This complete resource is a fantastic introduction for any program. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

The latest edition of this in-depth look at athletic injuries of the shoulder has been updated to feature 16 new chapters, additional illustrations and algorithms, an added focus on arthroscopic treatments, and pearls that highlight key information. Additional contributing authors give you a fresh spin on new and old topics from rehabilitation exercises to special coverage of female athletes, pediatrics, and golfers. This book offers coverage of arthroscopy, total joint replacement, instability, football, tennis, swimming, and gymnastic injuries, rotator cuff injuries, and much, much more! The large range of topics covered in this text ensures that it's a great resource for orthopaedists, physical therapists, athletic trainers, and primary care physicians. Presents a multidisciplinary approach to the care of the shoulder, combining contributions from the leaders in the field of orthopedic surgery, physical therapy, and athletic training. Demonstrates which exercises your patients should perform in order to decrease their chance of injury or increase strength following an injury through illustrated exercises for rehabilitation and injury prevention. Illustrates how the shoulder is affected during activity of certain sports with a variety of tables and graphs. Covers a large range of topics including all shoulder injuries to be sufficiently comprehensive for both orthopaedists and physical therapists/athletic trainers. Features 16 new chapters, including Internal Impingement, Bankarts: Open vs. Arthroscopy, Adhesive Capsulitis of the Shoulder, Cervicogenic Shoulder Pain, Proprioception: Testing and Treatment, and more. Details current surgical and rehabilitation information for all aspects of shoulder pathology to keep you up-to-date. Organizes topics into different sections on anatomy, biomechanics, surgery, and rehabilitation for ease of reference.

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