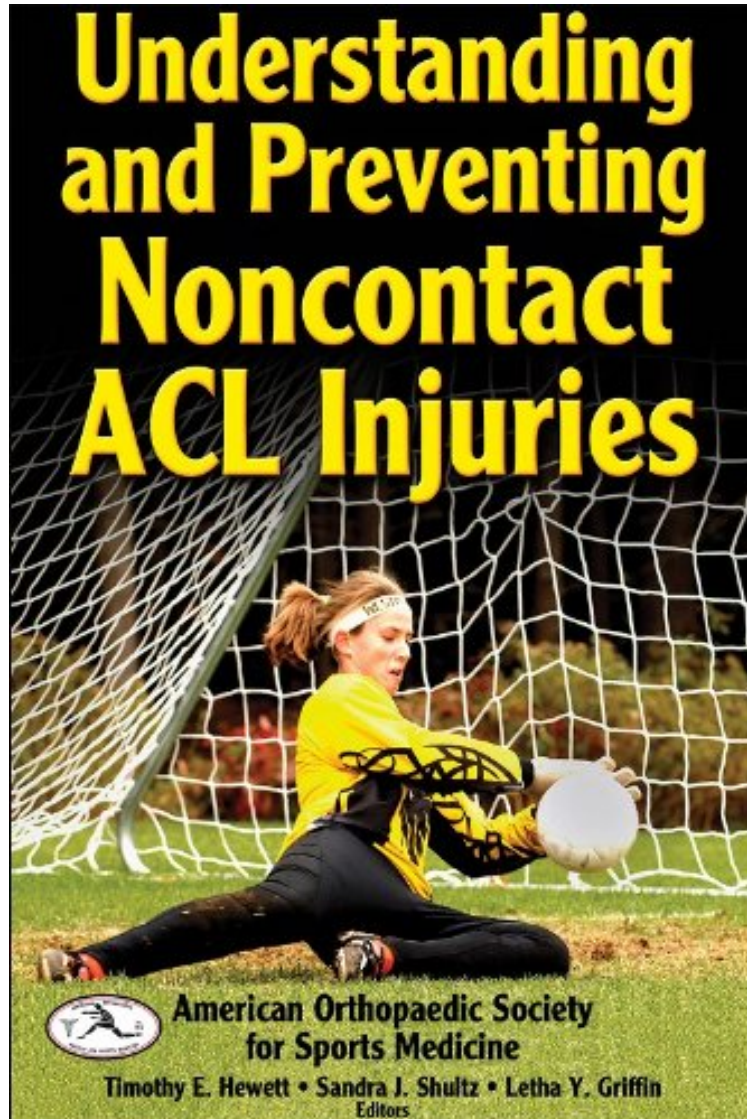


(Library ebook) Understanding and Preventing Noncontact ACL Injuries

Understanding and Preventing Noncontact ACL Injuries

*American Orthopaedic Society for Sports Medicine
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American Orthopaedic Society for Sports Medicine : Understanding and Preventing Noncontact ACL Injuries
before purchasing it in order to gauge whether or not it would be worth my time, and all praised Understanding and Preventing Noncontact ACL Injuries:

4 of 4 people found the following review helpful. A great book, and a necessary one for coaches and athletes. By B. Wallace. ACL injuries happen up to eight times more frequently in female athletes than male athletes of similar competitive level, who are competing in the same sport. This book discusses in detail the more current research and

theories regarding how these injuries happen, why females have so many more of these types of injuries than males, and talks about ways to possibly prevent a female athlete from sustaining one of these injuries. This book is written and edited by leaders in the field of ACL injury epidemiology. Being a researcher in this area myself, I having talked with many of the authors of this book, I can say from experience they are the best in the field, though there are a few additional authors that are also in that elite group that could have been included. The book is mostly well-written and has a gives good, practical examples. It also does a good job of making the research discussed easy to understand for the casual reader. The main reason I got it is because nearly every study released on ACL injuries prior to the end of 2006 is discussed, making it a great reference book. Every coach of female athletes and every parent of a female athlete should read this book. It may prevent a twelve-month recovery process and \$30,000 injury from happening to an athlete you know. And at the price has it at, it is a worthy investment. 0 of 2 people found the following review helpful.

Understanding and Preventing Noncontact Acl Injuries By Juan C. Ponce Espinoza
Creo que se trata de un buen texto en general, aunque me parece dbil en la extensin y profundidad de los aspectos biomecnicos y de control motor tanto en la explicacin de los mecanismos de produccin como en la fundamentacin de los programas de prevencin de las lesiones del LCA. Creo tambn que hubo pocos autores del campo de la rehabilitacin deportiva propiamente tal (sports physical therapy). A pesar de lo anteriormente expuesto, me parece que este libro viene a llenar un importante vaco en la literatura ortopdica. Esperar ansioso la siguiente edicin.

With more than 200,000 athletes each year suffering noncontact injury to the anterior cruciate ligament (ACL) of the knee, there is finally an up-to-date reference for professionals whose work involves developing and implementing programs to prevent such injuries. *Understanding and Preventing Noncontact ACL Injuries* provides an authoritative description of the biomechanical, clinical, and injury factors pertinent to the athlete primarily girls and young women who experience this problem. To help readers understand how to incorporate targeted interventions, the book uses a preventive rather than strictly clinical approach to ACL injuries. It provides a thorough description of the current problem on an international scale, the rationale for developing prevention programs, the discrete risk factors for noncontact ACL injuries, and an analysis of current research data on the effects of interventions designed to prevent these injuries. *Understanding and Preventing Noncontact ACL Injuries* will help readers -clearly understand the incidence, cost, and need to quantify risk factors related to the onset of noncontact ACL injuries;-compare various prevention programs and learn why prevention programs should be implemented especially among young women to reduce the potential for injury; and-understand the interplay between biomechanical and neuromuscular risk factors and become aware of the role hormones, bracing, and biofeedback play. *Understanding and Preventing Noncontact ACL Injuries* is based on proceedings from a conference conducted by the American Orthopaedic Society for Sports Medicine and draws on the work of renowned experts in the field. The book logically progresses through four parts to help physicians, professionals, coaches, and other readers better understand the problem and how they may play a part in its prevention. Part I addresses the problem of ACL injuries, including the incidence of injury, risk factors, and costs associated with injuries. Part II examines injury prevention programs, their similarities and differences, and their relative effectiveness. Part III presents the latest information on biomechanical and neuromuscular mechanisms of ACL injuries. Part IV explores hormonal and anatomic risk factors and preventive bracing for ACL injuries. To illustrate the preventive approaches that may be used, the book contains photographs of individuals actually performing the progressions involved in the programs. Other helpful resources include take-home messages and clinical notes that relate scientific findings to successful preventive efforts. By providing these tools, the authors hope to provide an easy-to-understand reference that appeals to a broad range of individuals, including athletic directors, coaches, parents, and athletes who would like to learn more about how to implement prevention programs in their schools or other organizations. *Understanding and Preventing Noncontact ACL Injuries* is a current and unique resource that will be useful for all people affected by this global issue. By combining scientific factors with injury mechanisms, the book will provide readers with valuable knowledge of ACL injuries and help readers implement programs to prevent them.

About the Author The American Orthopaedic Society for Sports Medicine (AOSSM) is a national organization of orthopaedic surgeons specializing in sports medicine, including national and international sports medicine leaders. The AOSSM works closely with many other sports medicine specialists and clinicians, including family physicians, emergency physicians, pediatricians, athletic trainers, and physical therapists, to improve the identification, prevention, treatment, and rehabilitation of sports injuries. Formed in 1972 primarily as a forum for education and research, AOSSM has increased its membership from its modest initial membership of fewer than 100 to over 2,000. There are 67 Accreditation Council for Graduate Medical Education approved fellowships in orthopaedic sports medicine in the United States and Canada. Members must demonstrate continuing active research and educational activities in the field of sports medicine. Such activities may include service as a team physician at any level of competition; educating persons involved with the health of athletes; service to local, regional, national, and international competitions; and the presentation of scientific research papers at sports medicine meetings. The unifying

interest of the membership is their concern with the effects of exercise and the monitoring of its impact on active individuals of all ages, abilities, and levels of fitness.