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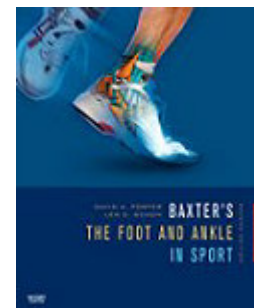
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Baxter's The Foot and Ankle in Sport

by David Porter

An injury to the foot and ankle can be devastating to an athlete's performance. Get your patients back to their peak physical condition using authoritative guidance from the only reference book focusing solely on sports-related injuries of the foot and ankle!

Cat. # EL-SPM1 247 pages ISBN: 9780323023580 SOFTCOVER

Sports Medicine for Sports Trainers, 9E

by Sports Medicine Australia

This text provides an easy-to-read introduction to the basic principles of sports medicine for people of all sporting backgrounds and interests. It gives readers practical knowledge in areas such as injury prevention, injury management, crisis management techniques and optimising performance.

Topics covered include:

- management of common sporting injuries
- how to conduct warm up, stretching and cool down sessions
- using taping to prevent or reduce severity of injuries
- principles of sports nutrition
- Examples are drawn from a wide variety of sports. Developed by Sports Medicine Australia, it provides you with the information you need to help athletes prevent injuries, to reduce the severity of injuries that occur, and to prevent injuries from re-occurring.
- Full-colour photographs and diagrams demonstrate key points and techniques.
- Chapters include learning outcomes and suggestions for assessment to help students focus on key material.
- Meets Australian Resuscitation Council guidelines for correctly assessing and managing injuries.
- Includes information on Australian legal issues and documentation requirements for sports trainers.
- Developed by Sports Medicine Australia, Australia's peak advisory body for active people.

New to this edition

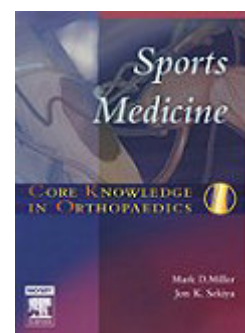
- Includes the latest information on resuscitation practices, overuse injuries and suspected spinal injuries.
- Expanded content on sports nutrition.
- Now in colour throughout.
- Designed for use in the following units of competency from the AQF: SRSSPT002A, SRSSPT003A, SRSSPT004A, SRSSPT005A, SRSSPT006A, SRSSPT007A, SRSSPT008A, SRSSPT009A, SRSSPT010A.

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 Ch 8 Common medical conditions affecting athletes
 Ch 9 Moving injured athletes
 Ch 10 Sports taping

Appendix A Sports first aid kit, Appendix B Sports trainer management flow chart, Appendix C Athlete medical profile
 Glossary, Index



Cat. # EL-SPM2 144 pages ISBN: 9781875897834 SOFTCOVER

Injection Techniques in Orthopaedics and Sports Medicine with CD-ROM

by Stephanie Saunders, and Steve Longworth

This practical, illustrated guide covers the use and technique of injecting joints for the relief of musculoskeletal pain and inflammation. Introductory chapters deal with the effects of corticosteroids and local anaesthetics and their uses; safety procedures which should be observed when using these products for injection and guidelines to safe injection techniques. The bulk of the book deals with the technique of injection joint by joint. The text is laid out so that each page of text describing the technique is matched by a facing page of illustrations illustrating the procedure. For each joint there is a 4 colour line drawing of the anatomy of the joint and a full colour photograph showing the surface anatomy position for injection. The actual technique of giving the injection and location the correct anatomical position for the insertion of the needle is demonstrated and explained on the CD-ROM.

The book features:

- Step by step guide to injection techniques
- Highly illustrated: 4 colour line drawings and full colour photographs showing the area for needle insertion and the correct position for the needle
- Layout allows text and relevant illustrations to be on facing pages
- Canadian binding with PPC cover combines protective cover with ability to lie the text flat for easy referral
- Includes essential information on the substances to be injected
- Adopts the latest guidelines for the safety of the procedure
- Relevant to a wide range of practitioners who have to deal with the management of swollen and painful joints particularly in relation to sports and overuse injuries
- Written by two highly experienced practitioners who also have many years of experience in teaching the technique
- Main author was key player in defining the guidelines for safe practice.

The CD-ROM features:

- An introduction by the author
- Demonstrations of 21 upper limb injections (plus 7 clips using bones to show the correct anatomical location for the injection)
- Demonstrations of 27 lower limb injections (plus 7 clips using bones to show correct anatomical location for the injection)
- Demonstrations of 7 spinal/advanced techniques (with 5 clips using bones to show anatomical location for the injection)
- Demonstrations of two real injections (ie not using a sheathed needle).

Cat. # EL-SPM3 204 pages ISBN: 9780443074981 SOFTCOVER

Core Knowledge in Orthopaedics: Sports Medicine

by Miller Sekiya

The Core Knowledge in Orthopaedics series meets your need for concise, affordable references that enable you to quickly grasp the key concepts and core knowledge required in each major service of orthopaedics training programs. Brief outlines present need-to-know information and up-to-date content, reflecting the core knowledge involved in techniques used to reconstruct, repair and regenerate bone, soft tissue, nerves, tendons, and more! This new volume in the series is your ideal source for concise, clinically focused coverage of both surgical and non-surgical aspects of sports medicine.

You'll find key information on the treatment of sports injuries, relevant anatomy, biomechanics, physical examination techniques, imaging, arthroscopy, and more.

- Clinical organization and focus provides quick reference in new clinical situations.
- Consistent bulleted format for easy reading of high-yield information.
- Specially commissioned art work throughout with emphasis on key anatomical and/or functional aspects.
- Coverage of non-surgical topics which enables readers to handle real-world team physician issues.

Cat. # EL-SPM4 528 pages ISBN: 9780323031387 SOFTCOVER

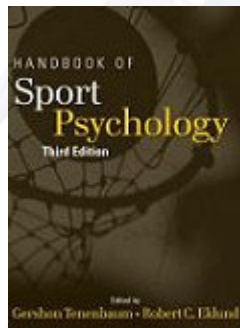
Handbook of Sport Psychology (Ed.3)

by Gershon Tenenbaum, and Robert C. Eklund

The most comprehensive and influential reference work on sport psychology

Now in its third edition, the *Handbook of Sport Psychology* provides an invaluable source of important theoretical and applied information on sport psychology for students, educators, and psychologists concerned with optimizing human performance and improving health and well-being. Endorsed by the International Society of Sport Psychology, this classic reference draws on an international roster of experts and scholars in the field who have assembled state-of-the-art knowledge into this thorough, well-rounded, and accessible volume. The *Handbook of Sport Psychology, Third Edition* is completely updated to reflect the latest research and its impact on teaching and clinical applications with topics ranging from emotions, cognition, expertise, and social interactions in sport, to issues around gender and cultural diversity.

Recognized as a gold standard resource thanks to its breadth of topics, excellent contributors, and timely topics, the *Handbook of Sport Psychology, Third Edition* is an indispensable resource for any student or professional interested in the field of sport psychology.



Cat. # JW-SPM1 960 pages ISBN: 9780471738114 HARDCOVER

Sports Injury Prevention

Edited by Roald Bahr, and Lars Engebretsen

- a handbook of practical information on the prevention of injuries
- ideal for athletes, their trainers/coaches, allied health personnel (physical therapists, athletic trainers), and physicians
- aims to reduce the potentials for injuries and prevent the injuries themselves, that cause pain, incapacitation, expense, and time lost from conditioning and competition
- addresses specific joints and regions of the body
- features coverage of all the Olympic sports plus additional sport activities with international competition, such as rugby.

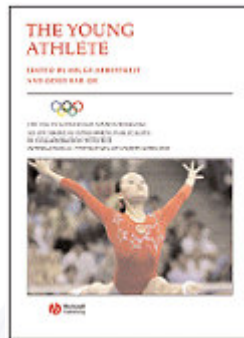


Cat. # JWB-SPM1 184 pages ISBN: 9781405162449 SOFTCOVER

The Young Athlete, Encyclopaedia of Sports Medicine

Edited by Helge Hebestreit, and Oded Bar-Or

- an essential text that defines the medical and scientific aspects of the child and adolescent athlete
- meets the need for a responsible approach to the developing athlete
- covers key concepts in six sections: Growth, Maturation, and Physical Performance; Conditioning; Injuries; Non-orthopaedic Health Concerns; Psychosocial Issues; Disease and the Young Athlete.

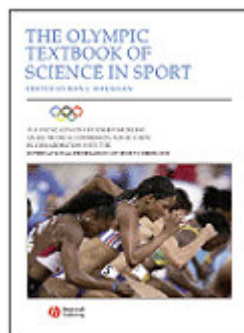


Cat. # JWB-SPM2 600 pages ISBN: 9781405156479 HARDCOVER

The Olympic Textbook of Science in Sport

Edited by Ronald J. Maughan

- an up-to-date, state of the art presentation of the scientific aspects of conditioning, injury prevention, and competition
- content is presented in a clear style and format
- provides invaluable guidance for all medical doctors and other health personnel who serve athletes and sports teams
- covers key topics in eleven sections: Physiology; Biochemistry; Nutrition; Anthropometry; Immunology; Cell Biology; Biomechanics, Engineering, and Ergonomics; Psychology; Limitation to Performance; Special Populations; Exercise and Health.



Cat. # JWB-SPM3 600 pages ISBN: 9781405156387 HARDCOVER

The Olympic Textbook of Medicine in Sport

Edited by Martin P. Schwellnus

- an up-to-date, state of the art presentation of the medical aspects of conditioning, injury prevention, and competition
- content is presented in a clear style and format
- provides invaluable guidance for all medical doctors and other health personnel who serve athletes and sports teams
- covers key topics in sections: Training and Preparation; Medical Aspects; Cardiology; Pulmonology; Endocrinology / Metabolism; Dermatology; Haematology, Immunology, and Infectious Diseases.



Cat. # JWB-SPM4 600 pages ISBN: 9781405156370 HARDCOVER

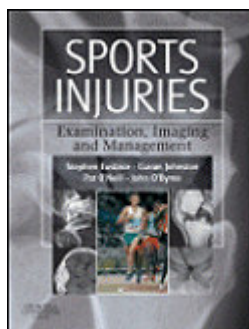
**Sports Injuries
Examination, Imaging and Management**

by Stephen Eustace, Ciaran Johnston, John M O'Byrne, and Pat O'Neill

The book outlines management implications of observations made at clinical examination and imaging of patients presenting with sports related musculoskeletal ailments. It clearly reviews typical findings of sports related injuries at clinical examination and at integrated imaging, including radiographs, ultrasound and MRI. The aim is to clearly define the practical implications of findings identified at MRI and ultrasound in patients with sports injuries.

Key Features:

1. Content covers normal anatomy and then gives the commonly encountered pathologies.
2. Chapters divided by anatomical regions for easy reference.
3. Highly illustrated, with over 400 images and drawings.
4. Written by four top experts in the field.
5. Provides practical implications of findings.



Cat. # JWB-SPM5 528 pages ISBN: 9780443102035 HARDCOVER

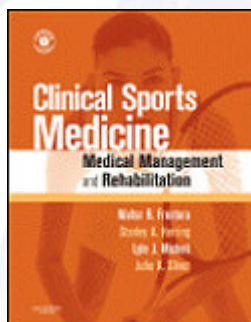
**Clinical Sports Medicine,
Medical Management and Rehabilitation, Textbook with CD-ROM**

by Walter R. Frontera, Lyle J. Micheli, Stanley A. Herring, and Julie K. Silver

Only a fraction of sports medicine injuries require surgery, but most sports references emphasize surgical management over medical management and rehabilitation. This is only comprehensive Sports Medicine resource to focus on the medical management and rehabilitation of patients. Written by some of the most prominent names in Physical Medicine & Rehabilitation, this volume fills a void by providing you with a top-notch sports medicine reference aimed at non-surgeons. The international contributors to this book present you with global “best practices” from world leaders in the field.

Key Features:

1. Includes a FREE CD-ROM packed with essential forms, images downloadable to PowerPoint, and easily printed patient education guidelines including, general fluid intake for before, during and after exercise, general nutrition recommendations for endurance events, pre-marathon training schedule for athletes, and more.
2. Demonstrates the mechanism of injury and its treatment with exquisite illustrations.
3. Contains boxes and tables to give you immediate access to key information.
4. Incorporates coverage of adolescent sports medicine from Dr Lyle S. Micheli, the world's leading expert on this topic.



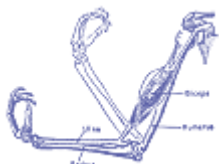
Cat. # EL-SPM6 512 pages ISBN: 9781416024439 HARDCOVER

Genetics and Molecular Biology of Muscle Adaptation

by Neil Spurway, and Henning Wackerhage

This title is directed primarily towards health care professionals outside of the United States. It starts with the origin of life and ends with the mechanisms that make muscles adapt to different forms of training. In between, it considers how evidence has been obtained about the extent of genetic influence on human capacities, how muscles and their fibres are studied for general properties and individual differences, and how molecular biological techniques have been combined with physiological ones to produce the new discipline of molecular exercise physiology. This is the first book on such topics written specifically for modules in exercise and sport science at final year Hons BSc and taught MSc levels.

Cat. # EL-SPM7 276 pages ISBN: 9780443100772 SOFTCOVER

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