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MEDICAL & SCIENCE MEDIA

**Sports Medicine
SOFTWARE**

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[Cat #: PR-39](#)**Anatomy for Exercise - Wins**

An easy to use visual resource that makes complex anatomy and functional anatomy easier to learn, remember and understand. The 3D anatomy section includes detailed and labeled 3D models and sequences covering anatomical language, bones, joints and joint action, muscles, respiratory and cardiovascular systems including labeled cardiac cycles. 3D views can be rotated to view all structures, layers of anatomy can be added or removed using interactive functions. Any visible structure can be identified by pop-up labeling – a great way to learn and revise anatomy. Clicking on a structure will also bring up brief descriptive text for that structure.

Anatomical planes are explained visually, and animation is used to show joint actions and muscle function during common movements such as flexion, extension, adduction, abduction, and internal/external rotation. Plus, view labeled 3D models of the heart and 3D sequences of the cardiac cycle for better understanding of the anatomy and processes.

Benefits:

- Learn, understand and remember relevant anatomy more quickly and easily using clear, accurate and labeled 3D images and sequences.
- Viewing 3D dynamic sequences of joint actions and muscle movements will aid understanding, recall and application to exercise movement.
- Export images from the software to produce beautifully illustrated and professional client information sheets.
- Use the software to aid explanations and quickly educate your clients

Detailed List of Views**Anatomical Language**

Anatomical position
Anatomical planes
Anatomical directions
Anatomical areas

Skeletal System

Axial skeleton
Appendicular skeleton
Joints – including 3D sequences of joint actions for all joint types

Muscular System

Muscle tissue
Axial muscles
Appendicular muscles
Muscles of the upper limb
Muscles of the lower limb
Muscle atlas – neck, trunk, upper limb and lower limb

Cardiovascular System

Heart – overview, chambers, valves, left cardiac cycle, right cardiac cycle
Blood vessels

Respiratory System

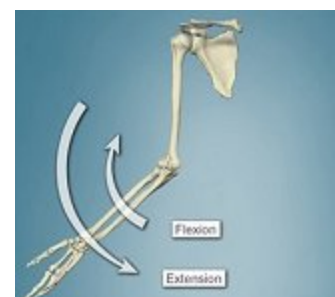
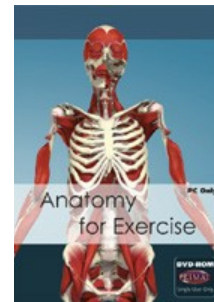
Overview
Upper respiratory tract
Larynx
Bronchial tree
Lungs
Pleura

Anatomy Section**Movement animations:**

This section includes 43 3D animations of normal muscle function during movement:

Head and Neck

flexion/extension
lateral flexion
rotation of the head and cervical spine.



Lower Extremity

adduction/abduction of the hip
 flexion/extension of the hip
 external/internal rotation of the hip
 flexion/extension of the knee
 external/internal rotation of the knee
 plantar flexion/dorsiflexion of the foot
 inversion/eversion of the sub-talar joint

Pelvic Floor

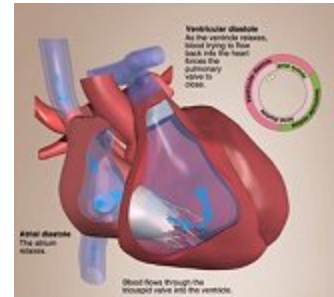
contraction of the pelvic floor

Trunk

flexion/extension
 lateral flexion
 rotation and respiration

Upper Extremity

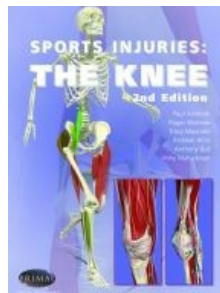
adduction/abduction of the shoulder
 elevation/depression of scapular
 external/internal rotation of shoulder
 flexion/extension of elbow
 flexion/extension of wrist
 pronation/supination
 protraction/retraction
 upwards/downwards rotation of the scapular



System Requirements: PC and Mac compatible Operating Systems: Microsoft XP, Vista , Windows 7, Mac OSX 10.3, 10.4 , 10.5 , 10.6, Processor speed:1.5 GHz with 512 MB of RAM, Disk Space: 200 MB, Screen display: 1024 x 768 screen, DVD drive required.

Cat #: PR-17**Sports Injuries, The Knee - Wins & Mac**

Features a highly detailed, interactive 3D computer graphic model of the knee. Extensive Sports Injuries Section covers common acute and overuse injuries of each joint including pathology and diagnosis, ligament tests, principles of treatment, manual therapies and rehabilitation. Injury topics are linked to hundreds of supporting video clips, clinical slides, diagrams and references.



For this 2nd Edition the 3D anatomy graphics have been enhanced to include up to 6 extra layers for main model views that incorporate new anatomy: bursae, fascia, lymph system, and synovial membranes. Plus new animations including kicking a ball, running, pitching and mechanism of injury.

Benefits

- Aid to learning and teaching anatomy in 3D
- Use any image or animation for patient education and presentations
- Sports Injuries Section covers diagnosis, testing, treatment and rehabilitation of common acute and overuse injuries of the knee.

System Requirements: Windows: Pentium-compatible processor (133MHz or faster), Windows 95/98/Me/NT4/2000/XP, Minimum 32MB of RAM, 800 x 600, or greater, more than 256 colour display (e.g. 16 bit, 24 bit, High Colour or True Colour), CD-ROM drive. **Macintosh:** PowerPC 604 processor (200 MHz or faster), Mac OS 8.1 or later, 9.x, OS X 10.1 (runs in classic environment), Minimum of 64MB of RAM, 800 x 600 or greater, Colours More than 256 colour display, CD-ROM drive.

[Cat #: PR-18](#)**Sports Injuries, The Shoulder - Wins & Mac**

Features a highly detailed, interactive 3D computer graphic models of the shoulder.

Extensive Sports Injuries Section covers common acute and overuse injuries including pathology and diagnosis, ligament tests, principles of treatment, manual therapies and rehabilitation. Injury topics are linked to hundreds of supporting video clips, clinical slides, diagrams and references.

For this 2nd Edition the 3D anatomy graphics have been enhanced to include up to 6 extra layers for main model views that incorporate new anatomy: bursae, fascia, lymph system, and synovial membranes. Plus new animations including kicking a ball, running, pitching and overuse injuries.

System Requirements: Windows: Pentium-compatible processor (133MHz or faster), Windows 95/98/Me/NT4/2000/XP, Minimum 32MB of RAM, 800 x 600, or greater, more than 256 colour display (e.g. 16 bit, 24 bit, High Colour or True Colour), CD-ROM drive. **Macintosh:** PowerPC 604 processor (200 MHz or faster), Mac OS 8.1 or later, 9.x, OS X 10.1 (runs in classic environment), Minimum of 64MB of RAM, 800 x 600, or greater, Colours More than 256 colour display, CD-ROM drive.

[Cat #: PR-19](#)**Sports Injuries The Foot, Ankle and Lower Leg - Wins & Mac**

Features a highly detailed, interactive 3D computer graphic models of the foot, ankle and lower leg. Extensive Sports Injuries Section covers common acute and overuse injuries including pathology and diagnosis, ligament tests, principles of treatment, manual therapies and rehabilitation. Injury topics are linked to hundreds of supporting video clips, clinical slides, diagrams and references.

For this 2nd Edition the 3D anatomy graphics have been enhanced to include up to 6 extra layers for main model views that incorporate new anatomy: bursae, fascia, lymph system, and synovial membranes. Plus new animations including kicking a ball, running, pitching and overuse injuries.

Benefits

- Aid to learning and teaching anatomy in 3D
- Use any image or animation for patient education and presentations
- Sports Injuries Section covers diagnosis, testing, treatment and rehabilitation of common acute and overuse injuries of the knee

System Requirements: Windows: Pentium-compatible processor (133MHz or faster), Windows 95/98/Me/NT4/2000/XP, Minimum 32MB of RAM, 800 x 600, or greater, more than 256 colour display (e.g. 16 bit, 24 bit, High Colour or True Colour), CD-ROM drive. **Macintosh:** PowerPC 604 processor (200 MHz or faster), Mac OS 8.1 or later, 9.x, OS X 10.1 (runs in classic environment), Minimum of 64MB of RAM, 800 x 600 or greater, Colours More than 256 colour display, CD-ROM drive.

[Cat #: PR-46](#)**3D Anatomy: Resistance Training - Wins & Mac**

3D Anatomy: Resistance Training DVD-ROM is an invaluable reference tool and image library for fitness professionals in training and practice.

A dynamic visual resource that makes complex anatomy, functional anatomy and key resistance exercises easier to learn, remember and understand. 3D anatomy section includes detailed and labeled 3D models and sequences covering anatomical language, bones, joints and joint action, muscles, respiratory and cardiovascular systems including labeled cardiac cycles.

Anatomical planes are explained visually and animations are used to show joint actions and muscle function during common movements such as flexion, extension, adduction, abduction, and internal/external rotation. Intuitive, interactive functions allow you to rotate each 3D anatomical view 360 degrees or add and remove layers of structures so you can choose the level of detail. Each image can also be printed or exported to Word or PowerPoint royalty free (for non-commercial use).

A resistance exercise section allows comparison of live video clips and 3D animations of 24 exercises that you can

label. Animated sequences can be rotated and any visible anatomical structure clicked on and labeled. Description text in bullet point format covers correct form and technique for each exercise.

BENEFITS:

- Learn, remember and revise relevant anatomy in visually memorable 3D.
- The same resistance exercises are shown as both live video clips and labeled 3D animations to aid understanding and application to real exercise.
- Use MCQ section to test your knowledge and prepare effectively for exams and training sessions.
- Export images from the software to produce beautifully illustrated and professional client information sheets

Anatomical Language

Anatomical position
Anatomical planes
Anatomical directions
Anatomical areas

Skeletal System

Axial skeleton
Appendicular skeleton
Joints – including 3D sequences of joint actions for all joint types

Muscular System

Muscle tissue
Axial muscles
Appendicular muscles
Muscles of the upper limb
Muscles of the lower limb
Muscle atlas – neck, trunk, upper limb and lower limb

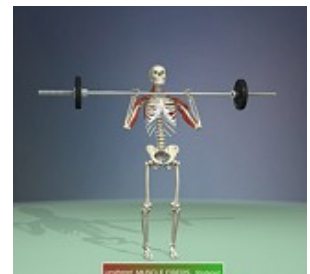
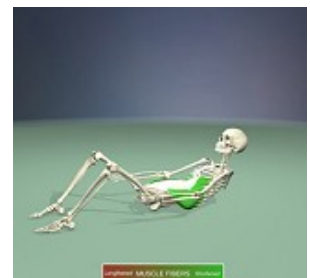
The comprehensive muscle atlas shows 148 individual muscles in isolation – one view showing the muscle on the bone and a view with the origin and insertion marked on the bones.

Cardiovascular System

Heart – overview, chambers, valves, left cardiac cycle, right cardiac cycle
Blood vessels

Respiratory System

Overview
Upper respiratory tract
Larynx
Bronchial tree
Lungs
Pleura



System Requirements: Windows: Windows XP, Vista **Macintosh:** Mac OSX 10.3, 10.4 and 10.5. **Processor speed:** 1.5 GHz with 512 MB of RAM, **Display:** 1024 x 768, **Disk Space:** 200MB, DVD-ROM drive.

[Cat #: PR-51](#)

3D Anatomy For Yoga: The Essential Guide – Wins & Mac

Great news for Yogis everywhere! A innovative new digital resource that takes yoga anatomy to a new level. Published in an easy to use interface, 3D Anatomy for Yoga: The Essential Guide has simple and intuitive functionality. Interact with the 3D anatomy models directly and view easy to follow text with links to helpful slides and animations.

Each section has been designed to add to your knowledge and understanding. To be a truly effective instructor or practitioner you need to have a good understanding of anatomy, functional anatomy and the significance of every part of the body when moving into the asanas.

This titles will provide a unique perspective on 26 asanas. View the poses as clear, accurate and interactive 3D models. A mixture of seated and standing poses are included - many shown as both beginner and classical forms:

Mountain (Tadasana)
 Triangle (Utthita Trikonasana)
 Tree (Vrksasana)
 Warrior I, II and III (Virabhadrasana)
 Downward Dog (Adho Muhka Svanasana)
 Staff (Dandasana)
 Pigeon (Eka Pada Rajakapotasana)
 Cobra (Bhujasana)
 Upward Dog (Urdhva Muhka Svanasana)



Rotate each posed 3D body and add, remove and label the bones and muscles.

Detailed text articles accompany all of the pose views to help you have a thorough understanding of the pose and how to perform it correctly

The ultimate visual anatomy reference for yoga!

A library of interactive 3D views of the anatomy you need to know, complete with text that will give you a better understanding.

See 26 asanas in visually stunning and interactive 3D!

From a forward bend to an upward dog you can see and understand the poses like never before.

Learn, explain and teach the important anatomy and considerations for each pose.

View and label all the bones and muscles on the interactive poses. Click on a structure to access text that clearly explains the structure and its significance for yoga.

System Requirements: Microsoft XP, Vista , Windows 7, Mac OSX (Intel) 10.3, 10.4, 10.5, 10.6, Processor speed: 1.5 GHz with 200 MB of RAM, 24-bit color, Disk Space: 200 MB, Screen display: 1024 x 768 screen, DVD drive required.

[Cat #: PR-34](#)

Anatomy for Pilates - Wins

The anatomy section focuses on the skeletal, muscular and respiratory systems with detailed 3D anatomy that includes all anatomical structures involved in the exercises.

3D anatomy section also includes anatomy text with links to 3D muscle atlas and relevant muscle function animations.

Benefits:

- Easily export images for presentations.
- Make learning enjoyable with interactive quiz.
- Quick and easy aid to learning, reviewing and teaching anatomy.

Detailed List of Views

Content will cover key fundamentals, key preparatory Pilates exercises, classical matwork and movement types with supporting text, over 50 live video clips of exercises and some animated sequences.

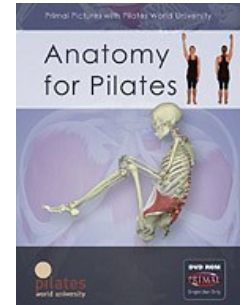
Contents: 24 different anatomy views. All views can be rotated and all anatomical structures can be highlighted.

Anatomy Section

Each anatomy view will consist of a maximum of 7 layers, which will enable all of the individual muscles to be viewed clearly. Further, a muscle attachment layer will also be included.

- 12 Musculoskeletal views
- 4 Joint views
- 7 Schematic joint views
- 1 Respiratory system view

- 45 animations showing muscle function and covering:
 - 1) Lower extremity
 - 2) Upper extremity
 - 3) Pelvic floor
 - 4) Head and neck
 - 5) Trunk
- Muscle Atlas
- Pilates Content
- Pilates Views
- Two Pilates views, showing the movements 'Roll like a ball' and 'Pelvic tilt'.
- Pilates Text
- The Pilates text will focus on:
 - 1) Key Fundamentals
 - 2) Key Preparatory Pilates Exercises
 - 3) Classical Matwork Exercises
 - 4) Movement and Muscular Focus
- 50 Pilates Videos



System Requirements: Windows 98se, 2000, ME, XP, Vista, Pentium Processor or equivalent, 32MB RAM, 800x600 screen resolution, 16-bit colour, and DVD-ROM.

[Cat #: CH-38](#)

Challenger Sports Medicine - Wins

A reference for primary and emergency care providers and specialists, who require information on Sport Medicine practices

Challenger Sports Medicine is intended for all physicians, both primary care providers and specialists, who require information on sports medicine practices.

In these days of fast paced clinical changes it is crucial for primary care practitioners to continuously update their knowledge and skills in the area of evidence based medicine, specifically; current best practices, diagnostic skills, risk factor identification and current treatment options.

Educational Objectives:

1. Describe how to utilize history, physical examination, and radiological investigation to identify knee pain/dysfunction
2. List the mechanisms by which acute and chronic external forces disrupt knee integrity
3. List initial treatment to the acutely injured knee
4. List therapies designed to preserve and/or restore knee function
5. Describe how to use Ottawa rules evaluate the injured ankle
6. Describe the rehabilitation of the sprained ankle
7. Describe how to diagnose and initially treat the following common causes of acute and chronic foot pain: hallux rigidus, metatarsalgia, neuroma, plantar wart, bunion, 'corn', and hammer and claw toes

Chapter Listing

- 1.** Foot and Ankle Problems **2.** Common Knee Problems **3.** Common Shoulder Problems

Articles Included:

Foot and Ankle Problems - Ankle Sprains, Ankle Rehabilitation, Common Causes of Foot Pain, Understanding Shoe Wear

Michael Corbett, MD

Physician, Bone and Joint Institute
New England Baptist Hospital

Diagnosis and Treatment of Common Knee Problems

Pierre Rouzier, MD

Assistant Professor of Medicine
University of Massachusetts Medical Centre

Diagnosis and Treatment of Common Shoulder Problems

John Zimmer, MD

Chief of Orthopaedics, Beverly Hospital

System Requirements: Windows 2000 sp4+, XP sp1+ (Home, Professional or MCE) or Vista (Home Basic/Premium, Business or Ultimate) (Windows 2000 or XP sp2 preferred). Pentium III - 1GHz or faster, 24X CD-ROM drive or faster, Video Card and Monitor capable of at least 1024x768 resolution; Sound Card and Speakers, Microsoft Mouse or compatible pointing device. Windows 2000 sp4+, or Windows XP sp1+ (Home/Prof/MCE): 512MB or greater, Windows Vista (Home Basic/Premium, Business, or Ultimate): 1GB or greater. Run from CD-ROM: 1MB with CD-ROM, Full Installation: Amount varies with each product. Microsoft Internet Explorer 6.x or Internet Explorer 7.x, Netscape Navigator 7.x or later, Mozilla Firefox 1.x or later. Sun Java2 (JRE) 1.4.2_07 - 1.4.2_16. Internet Access with a 56K modem or faster (DSL, Cable, Broadband, etc.). Macromedia Flash 6 player or later, A media player* with codecs for ".mp3" audio and ".mpg" MPEG1 video/audio.



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