

Contemporary Pediatric and Adolescent Sports Medicine  
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# Spinal Injuries and Conditions in Young Athletes

 Springer

# Injuries Athletes Contemporary Pediatric Adolescent

**Ruth Solomon, John Solomon, Lyle J.  
Micheli**



## **Injuries Athletes Contemporary Pediatric Adolescent:**

Injury in Pediatric and Adolescent Sports Dennis Caine, Laura Purcell, 2015-08-24 Providing a state of the art account of the nature distribution and determinants of sports injury in children and adolescents this unique volume uses the public health model to describe the scope of the injury problem and the associated risk factors and evaluate the current research on injury prevention strategies as described in the literature Thoughtfully divided in six sections the nature of the young athlete and epidemiology of pediatric and adolescent sports injury are described first Then an overview of the most common types of youth sports injuries as well as more serious injuries e g concussions and outcomes is presented followed by a discussion of injury causation and prevention Suggestions for future research rounds out the presentation Each chapter is illustrated with tables which make it easy to examine injury factors between studies Throughout the editors and contributors have taken an evidence based approach and adopted a uniform methodology to assess the data available Ideal for physicians physical therapists athletic trainers and sports scientists alike Injury in Pediatric and Adolescent Sports concisely and accurately presents the situation faced by clinicians treating young athletes and the challenges they face in keeping up with this growing and active population Furthermore the information in this book will be useful to allied health researchers and sport governing bodies as an informed basis for continued epidemiological study and implementation of injury prevention initiatives designed to reduce the incidence and severity of injuries encountered by young athletes

Physcal Stress Injuries in Young Athletes Dennis Caine, Jie C. Nguyen, Matthew Grady, 2024-12-02 Participation in youth sports is increasingly popular and has important and wide ranging health benefits However year round involvement in youth sport involves high levels of repetitive movement which may foster an environment where overuse injuries are likely to occur Of particular concern are physeal stress injuries PSIs which are unique to skeletally immature athletes and are becoming common in youth sports These injuries may be associated with a substantial injury burden especially at advanced levels of training and competition In extreme cases PSIs can progress to produce skeletal growth disturbance which may necessitate surgical intervention and correction This book summarizes the status of our knowledge on the occurrence underlying pathophysiologic mechanisms diagnosis treatment and prevention of PSIs affecting children and adolescents involved in various sports

Physcal Stress Injuries in Young Athletes Diagnosis Treatment and Prevention is organized into three parts Part I Introduction opens with a chapter that provides a foundation and basic framework on bone growth for readers to better understand and anticipate potential complications and growth disturbance that can arise from PSIs This is followed by two chapters that provide an overview of the two anatomically distinct types of PSIs epiphyseal and apophyseal PSIs In addition to providing an overview of the occurrence and distribution of these injuries these two chapters also provide a novel framework for understanding the underlying pathophysiologic mechanisms of PSIs Part II Diagnosis and Treatment consists of 8 chapters covering common sites of epiphyseal and apophyseal PSIs anatomically divided into those occurring at the

shoulder elbow wrist hand and fingers spine pelvis and hip knee ankle and foot Each chapter follows a similar outline and provides details on location specific patterns of PSIs available demographic and epidemiologic data known or postulated injury mechanisms underlying pathophysiologic mechanisms typical clinical presentation key diagnostic imaging findings management and factors that impact prognosis and outcome Part III Prevention consists of a chapter that begins with a discussion on risk factors common to epiphyseal and apophyseal PSIs This is followed by a review of practical preventive measures that are generally applicable to patients diagnosed with PSI Finally the last section of this chapter reviews strategies designed to target prevention of specific PSIs at various anatomical locations Primary care sports medicine physicians urgent and emergency care physicians orthopedic surgeons physical and athletic therapists and athletic trainers who provide care for pediatric athletes will find this book helpful in identifying and treating young athletes with physeal stress injuries identifying knowledge gaps and implementing appropriate preventive measures that can reduce future incidence and severity of these injuries Sport governing bodies and coaches can also use the information gathered within this book to guide the development and optimization of injury prevention programs and to reduce underdiagnosis and undertreatment of physeal stress injuries

**The Adolescent Athlete** Lyle J. Micheli, Laura Purcell, 2018-07-25 This reader friendly book takes a practical approach to caring for the adolescent athlete Logically organized by joint the book identifies both chronic and acute injuries in addition to congenital conditions It details fundamentals including basic anatomy joint examination and patient history Emphasis is placed on the recognition of injury patterns unique to adolescent athletes and tables are incorporated throughout to assist with diagnosis This book also highlights return to play guidelines and includes summary pearls Anatomical photos x rays and MRI scans illustrate all key concepts

**Upper Extremity Injuries in Young Athletes** Andrea S. Bauer, Donald S. Bae, 2018-11-13 This unique book focuses exclusively on upper extremity injuries in the young athlete including the latest evidence on current diagnostic and treatment strategies Comprised of the most up to date information in the field much of which is not in the existing literature it proceeds anatomically from the shoulder down covering the diagnosis and management of conditions of bones muscles ligaments and nerves Shoulder injuries in the adolescent footballer thrower and swimmer are discussed in detail along with the pitcher's elbow and the wrist of the golfer gymnast and tennis player In addition to sports specific injuries carpal and common hand and nerve injuries seen across multiple sports are likewise described as is the use of ultrasound in injury diagnosis Injuries of the shoulder elbow wrist and hand are among the most common in young athletes and pediatric orthopedic and sports medicine specialists are seeing these injuries of the upper extremity with increasing frequency Upper Extremity Injuries in Young Athletes will be a valuable resource in evaluating and treating young athletes in order to get them back on the field

**Head and Neck Injuries in Young Athletes** Michael O'Brien, William P. Meehan III, 2015-11-30 Providing the most current information on injuries to the head and neck sustained by young athletes this practical text presents a thorough review of the complex and emerging issues

for youths and adolescents involved in contact collision sports While concussions are among the most common injuries fractures of the skull and facial bones and structural brain injuries can be serious and are discussed in chapters of their own as are stingers and other cervical spine and cord issues and disease Injuries to the eyes ears and jaw are likewise examined Prevention is a major theme throughout the book as seen in chapters on protective head and neckwear transportation of injured players and sideline response and return to play Head and Neck Injuries in Young Athletes will be an excellent resource not only for orthopedists and sports medicine specialists treating growing athletes but also specialists and team physicians who are on the scene at sporting events where these injuries may occur

*Spinal Injuries and Conditions in Young Athletes* Lyle Micheli, Cynthia Stein, Michael O'Brien, Pierre d'Hemecourt, 2013-11-23 Spinal Injuries and Conditions in Young Athletes provides a comprehensive in depth review of the mechanisms and management of back injuries and problems occurring in this ever growing and active population Led by Dr Lyle Micheli and his co editors an award winning group of orthopedists discusses and explores common adolescent spine injuries and procedures in addition to breakthroughs in gene therapy tissue engineering and complex operations As spine surgery is among the most complex and challenging procedures performed in orthopedics special considerations and procedures are required in pediatric populations Since many corrective surgeries run the risk of arthritis later in life particular efforts must be made in young populations to prevent future injury in a child s adolescence and young adulthood while maximizing return to play potential Chapters cover acute spinal injuries concussions overuse injuries spinal malformations tumors infections and inflammatory diseases across the range of athletics including swimming and combat sports Spinal Injuries and Conditions in Young Athletes provides an immeasurable guide for back surgery in pediatric populations and will be a go to resource for practitioners and residents in pediatric orthopedics and sports medicine

*The Young Female Athlete* Cynthia J. Stein, Kathryn E. Ackerman, Andrea Straccioli, 2016-04-27 Utilizing a multidisciplinary approach and drawing on the experience of experts in their respective fields this unique book presents and discusses an array of topics relevant to the ever growing population of pediatric adolescent and young adult female athletes Each topic is clearly defined and includes epidemiology diagnosis treatment and future directions Opening chapters discuss growth and development sports nutrition resistance training and psychological considerations for the young female athlete with a chapter focusing on the female athlete triad Later chapters present injuries and management strategies common to the young female athlete such as overuse injuries spondylolysis hip and ACL injuries concussion and cardiovascular complications The concluding chapter considers the benefits of physical activity for chronic disease prevention later in life The Young Female Athlete provides useful up to date information for any practitioner treating this active population encouraging sports participation with fitness injury prevention personal growth and long term health

Performing Arts Medicine Lauren E. Elson, 2018-11-20 Covering the full spectrum of treatment guidance for dance artists circus artists musicians and more this practical title by Dr Lauren E Elson expertly explores the intersection of sports

medicine and performing arts medicine Ideal for practicing and trainee physiatrists physical and occupational therapists and sports medicine physicians it addresses a wide range of relevant topics including auditory symptoms in musicians management of the dancer's foot and ankle hip and spine return to dance or return to performance guidelines and much more

*Biomechanics of Injury* Ronald F. Zernicke, Steven P. Broglio, William Charles Whiting, 2023-03-03 Biomechanics of Injury Third Edition explains the biomechanical principles of injury and how injuries affect normal function of human anatomy With hundreds of photos illustrations and tables it guides readers through the mechanical concepts of injuries without heavy emphasis on mathematics

**Psychological Considerations in the Young Athlete** Melissa A. Christino, Emily I. Pluhar, Lyle J. Micheli, 2023-06-29 This book provides a broad and multidisciplinary review of psychological aspects of sport participation that are important to consider in young athletes It discusses the many psychosocial benefits of sports describes common mental health and body image issues pediatric athletes may suffer from explains the psychological effects of injury and surgery on young athletes and the importance of mind body connection and advocates for safe sport participation and a multidisciplinary approach to the care of young athletes This is the first text to discuss the psychological implications of sport participation in young athletes a critical topic in today's sport landscape that is often underappreciated and understudied Bringing together contributions from prominent sports psychologists sports medicine physicians and surgeons coaches and pain management specialists Psychological Considerations in the Young Athlete combines the most up to date research and serves as a valuable resource for clinicians therapists and athletic trainers who serve pediatric and adolescent athletes and sports teams

*The Youth Athlete* Brian J. Krabak, M. Alison Brooks, 2023-06-22 The Youth Athlete A Practitioner's Guide to Providing Comprehensive Sports Medicine Care includes topics that provide the most comprehensive and holistic understanding of the youth athlete The foundation of the book focuses on the growth and development of the athlete from child to adolescence balancing their physical mental and emotional needs The middle sections expand on this foundation concentrating on common injuries and illnesses as well as unique topics e.g. Female Athlete Triad Sports Specialization Final sections emphasize specific sports e.g. Soccer Basketball eSports allowing the reader to synthesize the previous information to assist with return to play decision making Written from a scientific perspective and incorporating evidence based medicine into its content this book is perfect for health care practitioners of varied specialties The complete and comprehensive structure of the book will clearly distinguish it from all other textbooks on the market Covers diverse topics that reflect our current understanding of youth athletes and issues related to their care Incorporates evidence based approach highlighting the latest state of the art information and research Written by global content experts throughout the sports medicine field

*Rehabilitation Techniques for Sports Medicine and Athletic Training* William Prentice, 2024-06-01 Rehabilitation Techniques for Sports Medicine and Athletic Training Seventh Edition is the definitive reference for athletic training students and professionals who are interested in gaining more in depth exposure to the theory and practical

application of rehabilitation techniques used in a sports medicine environment Dr William Prentice and his contributors have combined their knowledge and expertise to produce a single text that encompasses all aspects of sports medicine rehabilitation Featuring more than 1 000 full color illustrations 700 high resolution videos and an integrated laboratory manual this newly updated Seventh Edition provides the athletic trainer with a complete guide to the design implementation and supervision of rehabilitation programs for sport related injuries The Seventh Edition includes new and updated information on topics including Pharmacology and the role of medication in pain management and performance Nutrition and its impact on rehabilitation Rehabilitation techniques for the core Roles within the rehabilitation team Pathomechanics and epidemiology of common injuries Psychological considerations and communication with injured patients Tips for documentation from Dr Prentice Included with the text are online supplemental materials for faculty use in the classroom Rehabilitation Techniques for Sports Medicine and Athletic Training Seventh Edition is a comprehensive resource for athletic training students faculty and clinicians physical therapists who manage rehabilitation programs for sports related injuries as well as for strength and conditioning coaches who supervise performance enhancement programs on return to play

**Sports Injuries in Children and Adolescents** Dr Solomon Abrahams, 2013-06-30 This book is designed to help those doctors clinicians and respected therapists who work with children and adolescents in the sports medicine field It provides specialist information evidenced based in a unique area of medicine Comprehensive but concise this guide will help clinicians in the diagnosis and management of common and less common injuries seen in this important age group The book also helps the clinician to deal with emergency situations and provides a unique insight to the physiological and psychological changes seen in the growing child In addition to the wide variety of pathologies discussed additional information and specialist areas have been added including nutrition in children strength and conditioning obesity psychology of the growing child child protection and common medical problems which can affect children The book also includes Photos X rays and pictures for visual guidance and help in clinical testing

**Essential Sports Medicine** Gerardo Miranda-Comas, Grant Cooper, Joseph Herrera, Scott Curtis, 2021-04-02 Sports medicine is a popular medical sub specialty Sports medicine certainly overlaps with general musculoskeletal medicine but there are important differences to be aware of This book provides comprehensive pertinent information about sports medicine so that the busy clinician can find it accessible and practical Medical students residents and fellows will find the book useful for providing an accessible overview of the most salient points in the field of sports medicine

**Prevention of Injuries in the Young Dancer** Ruth Solomon, John Solomon, Lyle J. Micheli, 2017-07-05 This practical resource discusses the numerous physical psychological and medical issues pertaining to the young dancer as they relate to injury prevention Chapters on injury are arranged anatomically and cover etiology diagnosis treatment strategies and rehabilitation Additional chapters cover screening nutrition training technique and the role of the physical therapist This comprehensive text addresses the unique needs of these athletes and stresses how their bodies differ in

significant ways from those of adults requiring that their training and clinical management be overseen by specialized personnel The book opens with a discussion of the epidemiology of injury in the young dancer followed by a description of screening procedures and a sample screening program Physical therapy and resistance training are then covered along with common conditions and injuries at the spine hip knee and foot ankle complex There are chapters on the use of diagnostic and interventional ultrasound nutrition and bone health psychological matters such as anxiety eating disorders and peer relationships and lastly the prevention of degenerative hip injuries Prevention of Injuries in the Young Dancer is an essential resource with regard to the challenges facing aspiring young dancers It is relevant reading for dance medicine sports medicine and orthopedic professionals as well as dancers their parents and especially those persons who promote their careers

**Torn** Joy Werner,Doug Werner,2015-08-01 Torn is the story of author Joy Werner s struggle with two anterior cruciate ligament ACL injuries over the course of 24 months ACL tears are serious knee injuries that plague youth sport particularly young female athletes and this book describes the long journeys of healing that the injuries demand including the emotional and mental challenges The personal perspective is supported by general information about the ACL ACL injuries and treatment Torn is not only a guide but a real world tale of what a young athlete had to endure and overcome when confronted with ACL injuries It will be helpful to the thousands of young people and their families who face this trauma each year

Adolescent Medicine, An Issue of Primary Care: Clinics in Office Practice Amanda R. Kost,Karly Pippitt,2024-10-28 In this issue of Primary Care Clinics in Office Practice guest editors Drs Amanda R Kost and Karly Pippitt bring their considerable expertise to the topic of Adolescent Medicine Top experts provide practical approaches to the evaluation diagnosis and management of common issues encountered in adolescents in primary care including vaccination parenting tips cultural and generational issues metabolic screening LGBTQ health and more Contains 12 relevant practice oriented topics including IEP disability autism ADHD harm reduction MAT mood disorders gun violence accidents and injuries relationship safety IPV and more Provides in depth clinical reviews on adolescent medicine offering actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create clinically significant topic based reviews

The Young Tennis Player Alexis C. Colvin,James N. Gladstone,2016-04-08 Presenting a multidisciplinary approach to the prevention and management of injuries to young tennis players this unique book considers multiple factors contributing to the increasing numbers of such sports related injuries such as increased young athlete participation in tennis the pre professionalization of younger players and misconceptions surrounding treating children in the same manner as adults Beginning with the essentials for developing tennis players and their physical and mental growth with the sport the text then turns to prevention and management techniques and strategies covering the upper and lower extremities shoulder and elbow hip and knee and spine as well as other acute medical conditions Further consideration is given to proper nutrition

strength and conditioning and rehabilitation and return to play Edited by clinicians directly involved in the care of young tennis players and including contributions from physical therapists nutritionists sports psychologists and physicians it is an invaluable and comprehensive resource for any professional seeing and treating young tennis players **Well-Child**

**Primary Care Pocket Guide** Tanya Fernandez,Tanya L Fernandez,2021-07-31 The only pocket sized resource to methodically guide you through pediatric well visits using a unique mnemonic to ensure consistent and thorough evaluation of your patients This pocket guide has everything you need to ensure a thorough well visit for your pediatric patients from newborn to adolescence With the author s unique NEST FLY mnemonic applied throughout physician assistants nurse practitioners and other healthcare providers are methodically guided through each well visit to ensure a consistent and complete exam Uniquely designed in easy to navigate color coded tables you will quickly find all the information you need at your fingertips to evaluate your pediatric patients nutrition elimination growth family and social environment and physical and cognitive development You will also find key interviewing strategies and questions to gather an updated history as well as step by step guidelines for the head to toe physical examination Also included are anticipatory guidance suggestions for caregivers and patient education by age group Key Features Color coded by age group newborn infant toddler preschooler school age adolescents Logical and easy to remember mnemonic for gathering a comprehensive well child history Pertinent questions including psychosocial screening and anticipatory guidance by age Key developmental features organized in easy to read tables charts Health promotion related approaches to the patient and family and their importance Suggested vaccine schedule easy reference dosing for acetaminophen and ibuprofen by age and weight **Women and Sport** Ellen J.

Staurowsky,2016-07-07 Women and Sport Continuing a Journey of Liberation and Celebration focuses on women winning access to the playing field as well as the front office in sport Readers will gain an understanding of how women have been involved in sport and physical activity how they have struggled for widespread recognition and legitimacy in the eyes of many and how they continue to carve out their role in shaping sport as we know it today and as it will be in the future Edited by renowned expert Ellen J Staurowsky widely accepted as an authority on college athlete rights and Title IX and gender equity Women and Sport facilitates interdisciplinary research based discussion by providing a detailed account of contributions from women in sport The text features a foreword by sport executive Donna Orender and 15 chapters written by leading authorities in women and gender studies in sport that are grouped into four parts Women s Sport in Context Connecting Past and Present reminds readers of the historical events and influences that shape today s landscape Strong Girls Strong Women recognizes gender differences and what it means to create equitable access to sport opportunities Women Sport and Social Location explores how various characteristics and qualities may affect sport participation and opportunities Women in the Sport Industry offers a rare and contemporary approach to examining women in sport leadership management and media Women and Sport was developed with the intent of filling a need by serving as a primary textbook and separates itself from

other titles by providing an abundance of instructor ancillary materials that assist in class preparations Pedagogical aids such as objectives glossary terms discussion questions and learning activities in each chapter facilitate student understanding of the material covered Sidebars throughout the text enable the contributors to provide thought provoking content on topics such as media coverage of female athletes how female athletes are used in marketing campaigns and whether athletic competitions should continue to be segregated by sex Readers will discover the impact of these topics in many areas of society from biomedical to psychosocial and historical Through its engaging content Women and Sport Continuing a Journey of Liberation and Celebration serves as a launching pad for discussions that will shape society s ongoing conversation about what it means to be a female athlete or a woman working in sport It is an ideal textbook for adoption in interdisciplinary courses that focus on women and gender studies in sport

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