

Χαρακτηριστικά:

- Official FIMS Handbook: The authoritative sports medicine manual of the International Federation of Sports Medicine (FIMS).
- Expanded Content and Structure: Substantially revised and enlarged, offering more detailed and comprehensive coverage across all areas of sports medicine.
- New Chapters and Emerging Topics: Features updated content on environmental health, muscle injuries, and the psychology of sports injury—reflecting the latest developments in these fields.
- Diverse Athlete Populations: Dedicated sections for young athletes, para athletes, female athletes, and senior competitors, addressing their specific medical and performance needs.
- Contemporary Medical Issues: Covers health considerations for new Olympic sports such as skateboarding, sport climbing, and breakdancing, alongside evolving trends in athlete care.
- Extensive Musculoskeletal Injury Coverage: In-depth guidance on the diagnosis, treatment, and rehabilitation of injuries across all major body regions.

Περιεχόμενα:

Part 1 Sports Medicine for the Team Physician

1. The responsibilities and qualifications of a sports physician
2. The cardiovascular pre-participation screening of athletes: a cornerstone of sport-related sudden cardiac death
3. Sports nutrition
4. Fieldside assessment and management
5. Respiratory issues as part of elite athlete and team care
6. Anti-Doping Matters in Sport
7. Therapeutic Use Exemptions (TUEs) in Sports Medicine
8. Medical and other conditions affecting sports participation
9. The young athlete
10. Para Athlete Medicine Care
11. The female athlete
12. The masters, older and senior athletes
13. Environmental challenges for athletes

Part 2 Musculoskeletal Injuries: Diagnosis, treatment, and rehabilitation

14. Shoulder injuries
15. Elbow, forearm, wrist, and hand injuries
16. Spine Injuries
17. Knee injuries
18. Hamstring & Thigh injuries
19. Hip & Groin Injuries
20. Let, foot and ankle injuries
21. Head Injuries & Concussion

Part 3 Other Sports Injuries and Management

22. Taping and bracing in sports

23. Preventing sports injuries: what the team physician needs to know
24. The psychology of sports injury and recovery
25. Sports-related Eye Injuries and Ophthalmology Issues in Sport
26. Sports-related oral injuries and health
27. New Olympic Sports: focus on medical issues in BMX racing at the elite level
28. Medical planning for international games: a comprehensive checklist
29. Cardiac screening