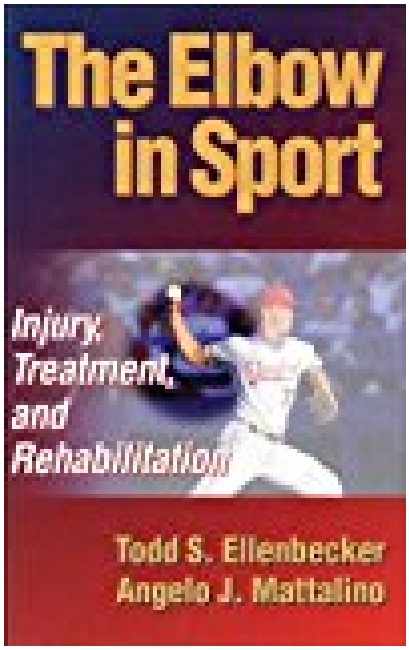
The Elbow in Sport Injury Treatment and Rehabilitation



BOOK DETAILS

- Author : Todd S. Ellenbecker
- Pages : 216 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 0873228979

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BOOK SYNOPSIS

This is the first book to focus on overuse elbow injuries, giving sports medicine and rehabilitation professionals the information they need to evaluate, treat, and rehabilitate the athletic elbow. Authors Todd Ellenbecker and Angelo Mattalino, both highly respected sports medicine specialists, share their experience from years of treating elbow injuries in professional athletes. In The Elbow in Sport, they present a comprehensive approach that focuses on treating the elbow as part of a total arm strength rehabilitative program. The Elbow in Sport provides a thorough understanding of elbow injuries and describes specific rehabilitation methods to treat the five most common overuse elbow injuries: -Humeral (lateral and medial) epicondylitis -Osteochondral injury (osteophytes/loose bodies) -Ulnar nerve dysfunction (neuritis) -Ulnar collateral ligament injury -Growth plate injury, Descriptions of surgical interventions help to enhance understanding of postoperative symptoms and guide subsequent rehabilitation. The book also contains case studies and specific rehabilitation protocols as well as interval return programs for tennis, baseball (throwing), and golf.

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