

fowler kennedy sports medicine

fowler kennedy sports medicine is a leading center dedicated to the diagnosis, treatment, and rehabilitation of sports-related injuries and musculoskeletal conditions. Known for its multidisciplinary approach, Fowler Kennedy Sports Medicine integrates expert physicians, physiotherapists, and athletic trainers to provide comprehensive care tailored to athletes and active individuals. This article delves into the core services, specialized treatments, and innovative rehabilitation techniques offered by Fowler Kennedy Sports Medicine. Additionally, it highlights the importance of injury prevention, advanced diagnostic tools, and patient education programs that support long-term athletic health. Whether dealing with acute injuries or chronic conditions, Fowler Kennedy Sports Medicine emphasizes evidence-based practices and personalized recovery plans to optimize performance and wellbeing. Explore the following sections for a detailed understanding of this premier sports medicine facility.

- Overview of Fowler Kennedy Sports Medicine
- Comprehensive Services and Treatments
- Specialized Sports Injury Management
- Innovative Rehabilitation and Recovery Programs
- Injury Prevention and Athlete Education
- Advanced Diagnostic Techniques
- Collaborative Care and Multidisciplinary Team

Overview of Fowler Kennedy Sports Medicine

Fowler Kennedy Sports Medicine is a specialized medical facility focused on providing expert care for sports injuries and musculoskeletal disorders. Established to serve athletes of all levels, from amateurs to professionals, the center combines clinical expertise with cutting-edge technology to deliver precise diagnoses and effective treatments. The center's commitment to individualized patient care ensures that each treatment plan is tailored to the unique needs and goals of the athlete. With a reputation for excellence, Fowler Kennedy Sports Medicine plays a pivotal role in enhancing athletic performance and promoting long-term musculoskeletal health.

Comprehensive Services and Treatments

Fowler Kennedy Sports Medicine offers a wide range of services designed to address the full spectrum of sports-related injuries and conditions. These services encompass initial

assessments, non-surgical and surgical interventions, and extensive rehabilitation protocols. The center's approach integrates traditional medical treatments with innovative therapies to maximize recovery outcomes.

Non-Surgical Treatment Options

Many sports injuries can be effectively managed without surgery. Fowler Kennedy Sports Medicine provides several non-invasive treatment modalities, including:

- Physical therapy and therapeutic exercise
- Manual therapy techniques
- Shockwave therapy and ultrasound
- Anti-inflammatory medication management
- Bracing and orthotic support

These options are often the first line of treatment to reduce pain, improve function, and promote healing.

Surgical Interventions

For more severe injuries or cases refractory to conservative management, Fowler Kennedy Sports Medicine offers advanced surgical options. Procedures include arthroscopic surgery, ligament reconstruction, tendon repair, and joint preservation techniques. The surgical team utilizes minimally invasive approaches to reduce recovery time and improve surgical outcomes.

Specialized Sports Injury Management

Sports injuries require prompt and accurate management to prevent long-term damage and facilitate rapid return to activity. Fowler Kennedy Sports Medicine specializes in treating a broad range of injuries commonly encountered in sports medicine.

Common Sports Injuries Treated

The center manages various acute and chronic injuries, such as:

- Anterior cruciate ligament (ACL) tears
- Rotator cuff injuries

- Meniscal tears
- Achilles tendonitis and ruptures
- Concussions and head injuries
- Stress fractures and overuse injuries

Each injury is evaluated thoroughly to develop an optimal treatment strategy that addresses both immediate symptoms and underlying causes.

Customized Treatment Plans

Fowler Kennedy Sports Medicine emphasizes personalized care plans that consider the athlete's sport, level of competition, and recovery goals. This customization helps ensure that the rehabilitation process aligns with the demands of their specific athletic activities.

Innovative Rehabilitation and Recovery Programs

Rehabilitation is a critical component of Fowler Kennedy Sports Medicine's patient care model. The center employs state-of-the-art rehabilitation techniques designed to restore function, enhance strength, and prevent re-injury.

Physical Therapy and Functional Training

Physical therapy programs are tailored to each patient's injury and recovery timeline. These programs include:

- Range of motion exercises
- Strength and conditioning
- Neuromuscular re-education
- Sport-specific functional training

Therapists work closely with patients to ensure safe progression through rehabilitation phases.

Cutting-Edge Recovery Modalities

Fowler Kennedy Sports Medicine incorporates advanced recovery technologies such as:

- Electrical stimulation therapy

- Cold laser therapy
- Hydrotherapy pools
- Biomechanical gait analysis

These modalities enhance tissue healing, reduce inflammation, and accelerate the return to peak physical condition.

Injury Prevention and Athlete Education

Preventing injuries is a central focus at Fowler Kennedy Sports Medicine. The center provides education and training programs designed to minimize injury risk and optimize athletic performance.

Preventative Training Programs

Injury prevention strategies include strength and flexibility training, proper warm-up routines, and movement pattern correction. These programs are sport-specific and evidence-based to target common injury mechanisms.

Workshops and Seminars

Fowler Kennedy Sports Medicine regularly hosts educational sessions for athletes, coaches, and trainers. These workshops cover topics such as:

- Nutrition and hydration
- Safe training practices
- Recognizing signs of overtraining
- Concussion awareness and management

The goal is to empower athletes with knowledge that supports long-term health and performance sustainability.

Advanced Diagnostic Techniques

Accurate diagnosis is essential for effective sports medicine care. Fowler Kennedy Sports Medicine employs a variety of cutting-edge diagnostic tools to evaluate injuries precisely.

Imaging Technologies

The center utilizes advanced imaging methods such as MRI, ultrasound, and digital X-rays to visualize musculoskeletal structures in detail. These tools aid in identifying soft tissue damage, bone fractures, and joint abnormalities.

Functional Assessments

Beyond imaging, functional assessments including gait analysis, strength testing, and biomechanical evaluations help clinicians understand how injuries affect movement and performance. These assessments inform comprehensive treatment plans.

Collaborative Care and Multidisciplinary Team

Fowler Kennedy Sports Medicine's success is driven by its collaborative, multidisciplinary approach. The team includes orthopedic surgeons, sports medicine physicians, physiotherapists, athletic trainers, and nutritionists working together to deliver holistic care.

Integrated Patient Management

Each patient benefits from coordinated care that integrates medical, rehabilitative, and nutritional support. This team-based approach ensures that all aspects of recovery and performance are addressed effectively.

Research and Continuous Improvement

The center is also involved in ongoing research to advance sports medicine knowledge and apply the latest evidence-based practices. Continuous professional development ensures that the team remains at the forefront of innovations in injury treatment and prevention.

Frequently Asked Questions

What services does Fowler Kennedy Sports Medicine offer?

Fowler Kennedy Sports Medicine offers a range of services including injury prevention, diagnosis, treatment, rehabilitation, and performance enhancement for athletes and active individuals.

Where is Fowler Kennedy Sports Medicine located?

Fowler Kennedy Sports Medicine is located at the University of Western Ontario in London,

Ontario, Canada.

Who can benefit from Fowler Kennedy Sports Medicine?

Athletes, active individuals, and patients recovering from sports-related injuries or surgeries can benefit from the specialized care and rehabilitation programs offered at Fowler Kennedy Sports Medicine.

Does Fowler Kennedy Sports Medicine offer physiotherapy services?

Yes, Fowler Kennedy Sports Medicine provides physiotherapy services aimed at injury rehabilitation, pain management, and improving mobility and performance.

Can Fowler Kennedy Sports Medicine help with concussion management?

Yes, Fowler Kennedy Sports Medicine has expertise in concussion assessment, treatment, and return-to-play protocols to ensure safe recovery for athletes.

Does Fowler Kennedy Sports Medicine collaborate with other healthcare professionals?

Yes, Fowler Kennedy Sports Medicine works closely with orthopedic surgeons, sports psychologists, nutritionists, and other healthcare professionals to provide comprehensive care.

How can I book an appointment at Fowler Kennedy Sports Medicine?

Appointments at Fowler Kennedy Sports Medicine can be booked by contacting their clinic directly via phone or through their website's appointment request feature.

Additional Resources

1. Fowler Kennedy Sports Medicine Comprehensive Guide

This book offers an in-depth overview of sports medicine principles as practiced at Fowler Kennedy Sports Medicine Clinic. It covers injury prevention, diagnosis, treatment, and rehabilitation techniques tailored for athletes of all levels. With contributions from leading experts, it serves as a critical resource for clinicians and sports professionals.

2. Advances in Athletic Injury Management at Fowler Kennedy

Focusing on the latest innovations in athletic injury care, this book highlights case studies and research emerging from Fowler Kennedy Sports Medicine. It explores cutting-edge diagnostic tools and therapeutic interventions that improve recovery times and outcomes for athletes. Ideal for sports medicine practitioners seeking updated clinical knowledge.

3. Rehabilitation Protocols in Fowler Kennedy Sports Medicine

This guide details specialized rehabilitation programs developed at Fowler Kennedy Sports Medicine for common sports injuries. It emphasizes evidence-based practices and individualized treatment plans to ensure safe and effective athlete recovery. The book includes step-by-step exercises and progress tracking methods.

4. Sports Injury Prevention Strategies from Fowler Kennedy Experts

A practical handbook focusing on injury prevention techniques employed by Fowler Kennedy Sports Medicine professionals. It discusses conditioning, biomechanics, and nutrition approaches that reduce injury risk. Coaches, trainers, and athletes will find valuable tips to maintain peak performance and durability.

5. Fowler Kennedy Sports Medicine in Pediatric and Adolescent Athletes

This volume addresses the unique challenges of managing sports injuries in younger athletes treated at Fowler Kennedy. It covers growth-related concerns, safe training practices, and tailored rehabilitation methods. The book combines clinical insights with developmental considerations for optimal care.

6. Concussion Management and Recovery at Fowler Kennedy Sports Medicine

Dedicated to the assessment and treatment of concussions, this book presents protocols developed at Fowler Kennedy Sports Medicine Clinic. It emphasizes the importance of accurate diagnosis, gradual return-to-play strategies, and long-term monitoring. Healthcare providers will benefit from its comprehensive approach.

7. Fowler Kennedy Sports Medicine: Surgical Techniques and Outcomes

Exploring the surgical interventions performed at Fowler Kennedy Sports Medicine, this text reviews common orthopedic procedures for sports injuries. It includes preoperative planning, operative techniques, and postoperative care to maximize functional recovery. Surgeons and medical students will find detailed procedural insights.

8. Nutrition and Performance Optimization in Fowler Kennedy Sports Medicine

This book connects nutritional strategies with athletic performance enhancement as practiced at Fowler Kennedy Sports Medicine. It outlines diet plans, supplementation, and hydration protocols designed to support injury prevention and recovery. Athletes and nutritionists will gain practical advice for fueling success.

9. Psychological Aspects of Sports Medicine: Fowler Kennedy Perspectives

Focusing on the mental health and psychological resilience of athletes, this book discusses approaches used at Fowler Kennedy Sports Medicine to support mental well-being. Topics include stress management, motivation, and coping with injury setbacks. It integrates sports psychology principles with clinical care practices.

Fowler Kennedy Sports Medicine

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fowler kennedy sports medicine: The Sports Medicine Physician Sérgio Rocha Piedade, Andreas B. Imhoff, Mark Clatworthy, Moises Cohen, João Espregueira-Mendes, 2019-04-12 This superbly illustrated book provides information of outstanding quality on the presentation and management of the entire range of sports injuries and conditions likely to be encountered by the sports medicine physician, as well as many other topics relating to sports activity, events, and outcomes. It is the product of close collaboration among members of several ISAKOS committees, and the chapter authors are clinicians and scientists from across the world who are acknowledged experts in sports medicine and orthopedics. The book opens by discussing fundamental topics and principles, covering subjects such as the biomechanics of injuries, physiological demands in sports practice, sports activity at different ages, nutrition and hydration, strength and conditioning, injury prevention, recovery, rehabilitation, and return to play. Subsequent chapters focus in depth on overtraining injuries, neurological disorders, sports trauma to different parts of the body, and special clinical conditions. Further topics to be addressed are different scenarios in sports (e.g., indoor vs outdoor), sports equipment, biologic treatment of sports injuries, major sporting events, and patient-recorded outcome measures.

fowler kennedy sports medicine: Controversies in ACL Reconstruction, An Issue of Clinics in Sports Medicine Darren L. Johnson, 2016-11-23 ACL reconstruction remains one of the most common orthopedic procedures performed today. This issue will discuss controversies that can arise. Articles to be included are: Diagnosis of ACL Injury: Epidemiology, mechanism of injury patterns, history, PE, and ancillary test findings including x-ray and MRI; Anatomy of the ACL: Gross, arthroscopic, and Radiographic as a basis of ACL surgery; Graft selection in ACL surgery: Who gets what and why; Management of the ACL injured knee in the skeletally immature athlete; Indications for Two-incision (outside in) ACL Surgery and many more exciting articles!

fowler kennedy sports medicine: OrthoBiologics in Sports Medicine , An Issue of Clinics in Sports Medicine Rachel Frank, Brian J. Cole, 2018-11-22 Guest edited by Drs. Rachel Frank and Brian Cole, this issue of Clinics in Sports Medicine will cover several key areas of interest related to OrthoBiologics in Sports Medicine. This issue is one of four selected each year by the series Consulting Editor, Dr. Mark Miller. Articles in this issue include: Corticosteroids and Hyaluronic Acid Injections, Platelet Rich Plasma, Adipose Derived Stem Cell Treatments and Formulations, Amniotic Derived Treatments and Formulations, Orthobiologics For Ligament Repair and Reconstruction, Orthobiologics For Bone Healing, Orthobiologics For Focal Articular Cartilage Defects, OrthoBiologics for Osteoarthritis, Emerging Orthobiologics Techniques and The Future, and Incorporating Orthobiologics Into Your Clinical Practice.

fowler kennedy sports medicine: Surgical Techniques of the Shoulder, Elbow, and Knee in Sports Medicine, E-Book Brian J. Cole, Jorge Chahla, 2022-05-24 Ensure optimal outcomes from each shoulder, elbow, and knee sports medicine surgery with the consistent, step-by-step approach offered in this comprehensive reference. Surgical Techniques of the Shoulder, Elbow, and Knee in Sports Medicine, 3rd Edition, covers both open and arthroscopic surgeries, providing the expert guidance you need on everything from patient positioning, anatomy, relevant biomechanics and the latest orthopaedic surgery techniques, through pearls and pitfalls and post-operative care. Contributing authors are renowned sports medicine surgeons who equip you with a global perspective on the most recent orthopaedic advances. - Covers the latest open and arthroscopic techniques for both common and not-so-common sports medicine pathologies. - Offers a comprehensive approach to each pathology including rehabilitation protocols and return-to-play criteria. - Contains more than 15 new chapters: First-time Shoulder Dislocation, Ulnar Collateral Ligament Reconstruction (various techniques), Managing Bone Loss on the Humeral Head, Cartilage Allografts for the Treatment of Cartilage Lesions of the Knee, and many more. - Provides up-to-date information on timely topics such as complex decision making for the patellofemoral joint, biologics and injection therapy for the management of osteoarthritis, and primary ACL repair techniques. - Highlights step-by-step text with numerous high-quality illustrations, surgical photographs, and

MRIs and radiographs. - Includes access to an online surgical video collection covering Arthroscopic Rotator Cuff Repair: Double Row Techniques; Arthroscopic Repair of Multidirectional Instability of the Shoulder; Ulnar Collateral Ligament Repair and Reconstruction: DANE Technique; Double Bundle Anterior Cruciate Ligament Reconstruction; and Management of Proximal Tibiofibular Instability. - Enhanced eBook version included with purchase. Your enhanced eBook allows you to access all of the text, figures, and references from the book on a variety of devices.

fowler kennedy sports medicine: DeLee & Drez's Orthopaedic Sports Medicine E-Book Mark D. Miller, Stephen R. Thompson, 2014-04-04 The revised, streamlined, and reorganized DeLee & Drez's Orthopaedic Sports Medicine continues to be your must-have orthopaedics reference, covering the surgical, medical, and rehabilitation/injury prevention topics related to athletic injuries and chronic conditions. It provides the most clinically focused, comprehensive guidance available in any single source, with contributions from the most respected authorities in the field. Consult this title on your favorite e-reader, conduct rapid searches, and adjust font sizes for optimal readability. Be prepared to handle the full range of clinical challenges with coverage of both pediatric and aging athletes; important non-orthopaedic conditions involved in the management of the athlete; rapidly evolving techniques; and sports-related fractures. Understand rehabilitation and other therapeutic modalities in the context of return to play. Take advantage of in-depth coverage of arthroscopic techniques, including ACL reconstruction, allograft cartilage transplantation, rotator cuff repair, and complications in athletes, as well as injury prevention, nutrition, pharmacology, and psychology in sports. Equip yourself with the most current information surrounding hot topics such as hip pain in the athlete, hip arthroscopy, concussions, and medical management of the athlete. Remain at the forefront of the field with content that addresses the latest changes in orthopaedics, including advances in sports medicine community knowledge, evidence-based medicine, ultrasound-guided injections, biologic therapies, and principles of injury prevention. Enhance your understanding with fully updated figures throughout. Take a global view of orthopaedic sports medicine with the addition of two new international section editors and supplemental international content. Access even more expert content in new Author's Preferred Technique sections. Find the information you need more quickly with this completely reorganized text.

fowler kennedy sports medicine: Osteotomies Around the Knee, An Issue of Clinics in Sports Medicine Annunziato "Ned" Amendola, Davide E Bonasia, 2019-05-11 Guest edited by Dr. Steven Moran, this issue of Hand Clinics will cover Current Concepts and Controversies in Scaphoid Fracture Management. This issue is one of four selected each year by our series Editor-in-Chief, Dr. Kevin Chung of the University of Michigan. Articles in this issue include, but are not limited to: Imaging for acute and chronic fractures, The vascularity of the scaphoid, Arthroscopic management of non-union, Vascularized grafts, Long-term outcomes of vascularized trochlear grafts for proximal pole reconstruction, The management of the healed scaphoid malunion, My technique for volar plating of scaphoid non-union, My technique for the management of scaphoid non-union, Volar vascularized grafts, Managing the athlete with a scaphoid fracture, among others.

fowler kennedy sports medicine: Surgical Techniques in Sports Medicine Neal S. Elattrache, 2007 Featuring more than 950 photographs and drawings—including 500 in full color—this text offers step-by-step instructions on techniques for performing common and complex sports medicine procedures in the upper and lower extremities. Noted experts who have developed or perfected these techniques guide the reader in stepwise detail through each procedure. Where appropriate, the book covers both open and arthroscopic techniques for each injury or problem. Coverage includes the most current and cutting-edge techniques as well as traditional tried and true procedures in operative sports medicine.

fowler kennedy sports medicine: Endurance Sports Medicine Timothy L. Miller, 2023-05-17 Providing a fresh update of this continuously evolving branch of sports medicine, this comprehensive yet practical guide focuses specifically on the treatment of athletes who train for and participate in endurance sporting events, including not only traditional endurance athletes such as runners, swimmers, bikers and triathletes, but also rowers, adventure racers, military personnel and cross-fit

athletes. Detailing strategies for not only treating and preventing injuries and conditions but also for optimizing an athlete's performance, this book is divided into three thematic sections. The first section covers common medical conditions faced by the endurance athlete, including cardiovascular conditions, asthma, and heat- and altitude-related illnesses, while also discussing gender differences, pregnancy and the pediatric and masters endurance athlete. Section two focuses on the management of common musculoskeletal conditions, such as stress fractures, overuse injuries of the soft tissue, shoulder and hip injuries, and exercise and osteoarthritis; this section now includes discussion of the use of cutting-edge orthobiologics. The last section presents performance optimization and event coverage, including gait and swim-stroke analysis, bike fitting, resistance training, mental preparation, optimizing nutrition, and how to organize medical coverage for events, as well as decision-making for return to play. Completely updated and including brand new chapters, *Endurance Sports Medicine, Second Edition* remains a valuable guide for sports medicine physicians, orthopedists, athletic trainers, physical therapists, coaches, officials, and athletes in understanding the needs of the determined individuals who participate in endurance sports.

fowler kennedy sports medicine: Master Techniques in Orthopaedic Surgery: Sports Medicine Freddie H. Fu, 2019-06-12 Part of the highly regarded Master Techniques in Orthopaedic Surgery series, *Sports Medicine, Second Edition*, is a concise, lavishly illustrated reference covering key sports medicine surgeries in step-by-step detail. Ideal for orthopaedic surgery sports medicine specialists, this Second Edition presents the preferred techniques of surgical masters, illustrated with full-color, sequential, surgeon's-eye view intraoperative photographs, as well as superb drawings by noted medical illustrators. Fourteen new chapters keep you fully up to date with recent changes in the field.

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fowler kennedy sports medicine: Manual of Sports Medicine Marc R. Safran, Douglas McKeag, Steven P. Van Camp, 1998 This manual is the perfect pocket reference for all health care professionals who care for athletes, including sports medicine specialists, orthopaedic surgeons, family practitioners, physical therapists, and trainers. In a format designed for quick reference, the book provides comprehensive guidance on the full range of issues in sports medicine--from pre-participation examinations, protective equipment, and training, to care of specific medical problems and injuries, to summaries of what to expect in each particular sport. Paperback edition available only in selected countries. Please check with your local representative or distributor.

fowler kennedy sports medicine: Precision ACL Reconstruction, An Issue of Clinics in Sports Medicine, E-Book Volker Musahl, Alan Getgood, 2024-06-01 In this issue of *Clinics in Sports Medicine*, guest editors Drs. Volker Musahl and Al Getgood bring their considerable expertise to the

topic of Precision ACL Reconstruction. Top experts in the field cover key topics such as the timing of ACL surgery; non-operative ACL injury treatment; avoiding graft failure: lessons learned from the STABILITY trial; the role of osteotomy in ACL reconstruction; revision ACL reconstruction and associated procedures; and more. - Contains 15 relevant, practice-oriented topics including comprehensive clinical examination of ACL injury; value-based sustainable ACL surgery; complications in ACL surgery and how to avoid them; evaluation of outcomes after ACL reconstruction; rehabilitation and return to sport after ACL reconstruction; and more. - Provides in-depth clinical reviews on precision ACL reconstruction, 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.

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fowler kennedy sports medicine: Operative Arthroscopy John B. McGinty, Stephen S. Burkhart, 2003 Extensively revised and updated for its Third Edition, Operative Arthroscopy remains the most comprehensive and authoritative reference in this rapidly advancing specialty. World-renowned experts describe the latest instrumentation and techniques and detail proven minimally invasive procedures for the knee, shoulder, elbow, wrist, hip, foot, ankle, and spine. New topics in this edition include meniscus repair with implantable devices, arthroscopic knot tying, and arthroscopy in athletes. Hundreds of full-color arthroscopic views, surgical exposures, and line drawings guide surgeons in technique and clinical decision-making. This edition includes a free DVD of surgical procedures, with over 200 minutes of video to demonstrate key points and techniques.

fowler kennedy sports medicine: Fundamentals of Hand Therapy Cynthia Cooper, 2013-11-06 Perfect for hand therapy specialists, hand therapy students, and any other professional who encounters clients with upper extremity issues, Fundamentals of Hand Therapy, 2nd Edition contains everything you need to make sound therapy decisions. Coverage includes hand anatomy, the evaluation process, and diagnosis-specific information. Expert tips, treatment guidelines, and case studies round out this comprehensive text designed to help you think critically about each client's individual needs. Overall, a very clear readable style is adopted throughout, with theory supported by various anecdotal case studies. Excellent use is made of illustrations, and many chapters contain the helpful addition of 'clinical pearls' or 'tips from the field', which are an attempt to make transparent the links between theory and practice. In conclusion, this is an excellent core text for reference purposes. Reviewed by: British Journal of Occupational Therapy Date: Aug 2014 Clinical Pearls and Precautions highlight relevant information learned by the experienced author and contributors that you can apply to clinical practice. Case examples included in the diagnoses

chapters in Part Three demonstrate the use of clinical reasoning and a humanistic approach in treating the client. Diagnosis-specific information in the final section of the book is well-organized to give you quick access to the information you need. Special features sections such as Questions to Discuss with the Physician, What to Say to Clients, Tips from the Field, and more help readers find their own clinical voices. Online sample exercises give you a pool to pull from during professional practice. NEW! Chapters on yoga and pilates provide guidance into new ways to treat upper extremity problems. NEW! Chapter on wound care gives you a thorough foundation on how wounds impact therapeutic outcomes. NEW! Chapter on orthotics has been added to cover basic splinting patterns. NEW! Online resources help assess your understanding and retention of the material.

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E-Book Robert F. LaPrade, Jorge Chahla, 2020-10-04 The ultimate resource for sports medicine conditions involving the knee, Evidence-Based Management of Complex Knee Injuries is an up-to-date reference that provides practical tools to examine, understand, and comprehensively treat sports medicine conditions in this challenging area. Using a sound logic of anatomy, biomechanics, lab testing, human testing, and outcomes analysis, editors Robert F. LaPrade and Jorge Chahla offer a single, comprehensive resource for evidence-based guidance on knee pathology. This unique title compiles the knowledge and expertise of world-renowned surgeons and is ideal for sports medicine surgeons, primary care physicians, and anyone who manages and treats patients with sports-related knee injuries. - Uses a step-by-step, evidence-based approach to cover biomechanically validated surgical techniques and postoperative rehabilitation, enabling surgeons and physicians to more comprehensively treat sports medicine knee injuries. - Covers the basic anatomy and biomechanics of the knee alongside more advanced objective diagnostic approaches and easy-to-follow treatment algorithms. - Provides an easy-to-understand review of pathology with clear, concise text and high-quality illustrations. - Demonstrates the importance and function of the ligaments and meniscus with exquisite anatomical illustrations and numerous biomechanical videos.

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Gordon Bloom, Jeffrey Caron, 2019-03-13 Recognition of concussion as a serious injury, informed by neurological and physiological research, is now commonplace in sport. However, research on the psychology of concussive injury—its psychological implications and outcomes, and psychological interventions for prevention and recovery—has largely been overlooked. This is the first book to explicitly and authoritatively set out the psychological aspects of sport-related concussion from a multidisciplinary and global perspective The book attempts to offer a global understanding of the injury by presenting an historical overview; exploring the psychological implications of sport-related concussion and the influence of gender and sociocultural context on concussive injury and recovery; setting out practical guidance on working with special populations suffering from concussive injuries; and discussing the theoretical and methodological considerations for research on concussion and future directions for this research. Written by a group of leading international experts and offering a hitherto underdeveloped perspective on this crucial area of sports injury research, this book is crucial reading for any upper-level student, researcher, sport scientist, coach, or allied health professional working on sport-related concussion. It is also valuable reading for students and researchers interested in the psychosocial processes that impact injury and recovery or general professional practice in sport psychology.

fowler kennedy sports medicine: Cartilage Restoration Jack Farr, Andreas H. Gomoll, 2018-06-12 Now in a revised and expanded second edition, this practical text utilizes the most current evidence and knowledge of articular cartilage as the basis for clinical interventions for cartilage repair and restoration, combining an overview of clinical research and methodologies with clinical cases to help guide the orthopedic treatment and care of patients presenting with cartilage issues. Carefully updated chapters discuss the state-of-the-art in cartilage anatomy, defects and imaging, current tibiofemoral and patellofemoral surgical options, debridement and marrow stimulation, osteochondral autografts and allografts, osteotomies, cell therapy, and meniscal transplantation. New chapters explore new surgical treatment strategies and revision for failed

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fowler kennedy sports medicine: Articular Cartilage Lesions Brian J. Cole, M. Mike Malek, 2013-11-11 Drs. Cole and Malek, recognized leaders in the field, wrote this cutting-edge text to fill the void in the literature regarding the management of articular cartilage disease and meniscal deficiency. The book enables orthopedic surgeons to develop an evidence-based decision-making framework that guides the management of articular cartilage lesions. Carefully chosen contributors provide readers with a practical background in articular lesions, patient assessment, and management strategies. Subsequent chapters address the gamut of current surgical techniques, from arthroscopy and debridement to unicondylar arthroplasty, in a step-by-step manner. More than 500 detailed illustrations, many in color, help readers understand and master treatments. Case studies, which include preoperative planning and postoperative outcomes, reinforce the decision-making process. Nearly every permutation and treatment option is covered, making this text a prime resource for surgeons committed to exercising sound judgement.

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