

Sports Injury Prevention and Rehabilitation: Integrating Medicine and Science for Performance Solutions

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Sports Injury Prevention and Rehabilitation: Integrating Medicine and Science for Performance Solutions From Routledge

World-class rehabilitation of the injured athlete integrates best practice in sports medicine and physical therapy with training and conditioning techniques based on cutting-edge sports science. In this ground-breaking new book, leading sports injury and rehabilitation professionals, strength and conditioning coaches, biomechanists and sport scientists show how this integrated model works across the spectrum of athlete care. In every chapter, there is a sharp focus on the return to *performance*, rather than just a return to play.

The book introduces evidence-based best practice in all the core areas of sports injury risk management and rehabilitation, including:

- performance frameworks for medical and injury screening;
- the science of pain and the psychology of injury and rehabilitation;
- developing core stability and flexibility;
- performance retraining of muscle, tendon and bone injuries;
- recovery from training and rehabilitation;
- end-stage rehabilitation, testing and training for a return to performance.

Every chapter offers a masterclass from a range of elite sport professionals, containing best practice protocols, procedures and specimen programmes designed for high performance. No other book examines rehabilitation in such detail from a high performance standpoint.

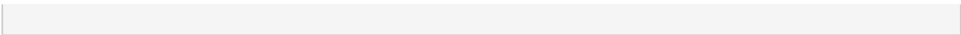
Sports Injury Prevention and Rehabilitation is essential reading for any course in sports medicine and rehabilitation, strength and conditioning, sports science, and for any clinician, coach or high performance professional working to prevent or rehabilitate sports injuries.



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Editorial Review

Review

"This book's editors have worked in a physiotherapy and coaching capacity for various high-level sports teams, including rugby and football... Divided into six parts, the book offers a series of expert masterclasses reviewing current best practice in the sports injury prevention and rehabilitation field... It is one of the most up-to-date texts available." ? *Helen Oakes, Chartered Society of Physiotherapy*

"A genuine new approach to the prevention and management of sports injuries that combines evidence based medicine with the practicalities of the day to day necessities of dealing with the ever expanding and exciting new field of practice that is Sports and Exercise Medicine. Highly recommended to all SEM practitioners from whatever profession." ? *Dr Kirill Micallef Stafrace, Vice President, European Federation of Sports Medicine Associations*

"The focus of this edited text by Joyce and Lewindon (both are rehabilitation specialists) is the return to performance of an athlete, rather than a simple return to play. Each chapter includes best practice protocols, as well as athletic competencies and a thorough examination of specific, common injury types ... Evidence based chapters provide an exceptional approach to the topic of an athlete's return to performance. Overall, the chapters are concise, yet full of useful information and data ... This work is essential for courses in sports injuries, sports therapy, and sports medicine. The book is intended for physicians, therapists, coaches, and trainers who assist with both the deterrence and rehabilitation of various sports injuries. Summing Up: Essential. Upper-division undergraduates and above; researchers and professionals." ? *E. S. Lensch, CHOICE*

About the Author

David Joyce is an athletic performance and rehabilitation specialist who has worked at the highest levels of world sport. He holds Masters degrees in both sports physiotherapy and strength and conditioning and has worked at two Olympic Games as a physiotherapist and performance coach (with Team Great Britain at the 2008 Olympics in Beijing and with Team China at the 2012 Olympics in London). David is the co-editor and key contributor of *High Performance Training for Sports* and is currently the Head of Athletic Performance at the Greater Western Sydney Giants in the Australian Football League, and provides high performance and leadership consultancy services to elite organisations worldwide

Dan Lewindon is a Physiotherapist and rehabilitation specialist with over 12 years' experience in elite level sport. He has completed MScs in both sports medicine and exercise science (strength and conditioning). Dan was appointed Physiotherapist for the England Senior Rugby Team in 2009. He is also the co-editor and key contributor to *High Performance Training for Sports*

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