

Managing the Injured Athlete: Assessment, Rehabilitation And Return to Play (Physiotherapy Pocketbooks)

Zoë Hudson, Claire Small



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Managing the Injured Athlete is an innovative clinically-focused pocketbook which aims to support the clinician out in the field, helping answer clinical queries and solve problems when there may be nothing else to refer to. It focuses on developing the clinician's clinical reasoning skills, recognizing that patterns of clinical presentation are the key to problem-solving and formulating a diagnosis.

As well as covering assessment, treatment and rehabilitation, the experienced authors discuss the clinician's role within a team, athlete confidentiality, travelling with athletes, drugs and doping issues, working in different climates and return to play considerations. Throughout the pocketbook patterns of positive findings are given as a key to indicate how frequently clinicians can expect to come across certain subjective and objective markers for a given condition.

- Starts from the point of subjective and objective examination assessment not diagnosis
- Highlighted evidence points to solid literature supporting the intervention described
- Clinical Tips and Further Reading
- Case studies demonstrate principles of injury rehabilitation in practice
- Handy, durable format small enough to use in the field and for quick reference

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