

Contents in Brief

PART 1

ORGANIZING AND ESTABLISHING AN EFFECTIVE ATHLETIC HEALTH CARE SYSTEM

- 1 The Sports Medicine Team and Their Roles, 2
- 2 Organizing and Administering an Athletic Training Program, 16
- 3 Legal Liability and Insurance, 32
- 4 Preventing Injuries through Fitness Training, 44
- 5 Nutritional Considerations, 100

PART 2

TECHNIQUES FOR PREVENTING AND MINIMIZING SPORT-RELATED INJURIES

- 6 Protective Sports Equipment, 126
- 7 Emergency Situations and Injury Assessment, 154
- 8 Bloodborne Pathogens, 200
- 9 Psychological Aspects of Sports Injury, 212
- 10 Environmental Factors, 224
- 11 Bandaging and Taping Techniques, 238
- 12 Basics of Injury Rehabilitation, 284
- 13 Recognizing Different Sports Injuries, 294

PART 3

RECOGNITION AND MANAGEMENT OF SPECIFIC INJURIES AND CONDITIONS

- 14 The Foot, 314
- 15 The Ankle and Lower Leg, 332
- 16 The Knee and Related Structures, 354
- 17 The Thigh, Hip, Groin, and Pelvis, 378
- 18 The Shoulder Complex, 398
- 19 The Elbow, Forearm, Wrist, and Hand, 416
- 20 The Spine, 442
- 21 The Thorax and Abdomen, 464
- 22 The Head and Face, 482
- 23 Additional Health Concerns, 508

24 Young Athletes, 542

Appendix A: Recognition of the Athletic Trainer as an Allied Health Professional, A1

Appendix B: Employment Settings for the Athletic Trainer, B1

Appendix C: Requirements for Certification as an Athletic Trainer, C1

Appendix D: Conversion Tables, D1

Glossary, G1

Credits, CR1

Index, I1