

acute and emergency care in athletic training

Acute and Emergency Care in Athletic Training: A Cornerstone of Athlete Well-being

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Abstract: This article explores the critical role of acute and emergency care in athletic training, highlighting its evolving practices, challenges, and implications for the future of the industry. We delve into the essential skills and knowledge required for effective management of athletic injuries, ranging from minor sprains to life-threatening emergencies. The discussion emphasizes the importance of prevention, rapid assessment, appropriate intervention, and the seamless integration of acute and emergency care within a comprehensive athletic training program.

1. The Expanding Scope of Acute and Emergency Care in Athletic Training

Acute and emergency care in athletic training is far more than simply applying ice and bandages. It represents the foundation of athletic healthcare, encompassing a broad spectrum of skills and responsibilities. Athletic trainers are often the first responders on the field, court, or track, facing situations that demand immediate action and decisive judgment. Their expertise extends beyond immediate treatment; it involves a comprehensive understanding of injury mechanisms, assessment techniques,

emergency action planning (EAP), and the ability to effectively communicate with other healthcare professionals.

The increasing complexity of athletic competition, coupled with advancements in medical technology, has expanded the scope of acute and emergency care in athletic training. Athletic trainers are now expected to manage a wider array of injuries, including those requiring advanced techniques like airway management, bleeding control, and spinal immobilization. This necessitates ongoing professional development and a commitment to continuous learning.

2. Essential Skills for Effective Acute and Emergency Care

Effective acute and emergency care in athletic training hinges on several key skills:

Rapid Assessment: Quickly evaluating an injured athlete to identify the nature and severity of the injury is paramount. This involves a systematic approach, including checking vital signs, assessing consciousness, and identifying potential life threats.

Immediate Intervention: Prompt and appropriate intervention can significantly improve outcomes. This could range from simple first aid measures like controlling bleeding and immobilizing an injured limb to more advanced procedures like cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED).

Decision-Making: Athletic trainers often must make critical decisions under pressure, determining the need for immediate transport to a hospital, the type of transport required (ambulance vs. personal vehicle), and the appropriate level of care.

Communication: Clear and concise communication with athletes, coaches, parents/guardians, emergency medical services (EMS), and other healthcare professionals is vital for coordinated care.

Documentation: Maintaining accurate and comprehensive records of the injury, assessment, intervention, and referral is crucial for legal and medical purposes.

3. The Importance of Prevention in Acute and Emergency Care

While acute and emergency care addresses immediate needs, prevention plays a vital role in minimizing the occurrence of injuries. This proactive approach includes:

Pre-participation Physical Examinations: Identifying pre-existing conditions that could increase injury risk.

Proper Conditioning and Training: Implementing well-designed training programs that gradually increase workload and minimize the risk of overuse injuries.

Appropriate Equipment and Protective Gear: Ensuring athletes use properly fitted and maintained equipment.

Education and Awareness: Educating athletes about injury prevention strategies and the importance of proper technique.

By prioritizing prevention, athletic trainers can significantly reduce the need for acute and emergency care, thereby enhancing athlete safety and well-being.

4. Challenges and Future Directions in Acute and Emergency Care in Athletic Training

The field of athletic training continues to evolve, presenting both challenges and opportunities. Some key areas of focus include:

Expanding Scope of Practice: Advocating for increased autonomy and expanded scope of practice to enable athletic trainers to provide more comprehensive care.

Technological Advancements: Integrating new technologies, such as telehealth and wearable sensors, to improve injury prevention and management.

Addressing Mental Health Concerns: Recognizing and addressing the mental health needs of injured athletes, including anxiety, depression, and post-traumatic stress disorder.

Interprofessional Collaboration: Strengthening collaboration with other healthcare professionals, such as physicians, physical therapists, and psychologists, to ensure coordinated and comprehensive care.

Conclusion

Acute and emergency care in athletic training is a multifaceted and dynamic field that demands a high level of skill, knowledge, and judgment. The ability to rapidly assess, effectively intervene, and seamlessly integrate with other healthcare professionals is crucial for ensuring the safety and well-being of athletes. By embracing ongoing professional development, integrating technological advancements, and advocating for expanded scope of practice, athletic trainers can continue to elevate the standard of care and significantly contribute to the health and success of athletes at all levels.

FAQs:

1. What is the difference between acute and chronic injuries in sports?
Acute injuries occur suddenly, while chronic injuries develop over time.
2. What are the key components of an effective Emergency Action Plan (EAP)?
A well-defined EAP includes personnel, communication protocols, equipment, transportation arrangements, and emergency contact information.

3. What are some common acute injuries seen in athletics? Sprains, strains, fractures, concussions, and heatstroke are common acute injuries.
4. What is the role of an athletic trainer in a concussion management program? Athletic trainers play a vital role in identifying, assessing, managing, and monitoring athletes with suspected concussions.
5. How can athletic trainers prevent heatstroke? Educating athletes on hydration, acclimatization, and recognizing heat-related illnesses is crucial for prevention.
6. What are the legal implications of providing acute care to athletes? Athletic trainers must be aware of their scope of practice and adhere to relevant legal guidelines and regulations.
7. How can technology enhance acute and emergency care in athletic training? Wearable technology, telehealth, and digital record-keeping can improve efficiency and effectiveness.
8. What is the importance of continuing education for athletic trainers in this area? Continuous learning is essential to stay updated on best practices and advancements in emergency care.
9. How can athletic trainers improve communication with other healthcare professionals? Clear, concise, and timely communication through various channels is critical for effective collaboration.

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9. "Advanced Techniques in Acute Care for Athletic Injuries": Provides detailed information on advanced techniques such as airway management and bleeding control.

acute and emergency care in athletic training: *Acute and Emergency Care in Athletic Training* Michelle Cleary, Katie Walsh Flanagan, 2019-03-05 Athletic trainers are often the first ones on the scene when an individual sustains an acute injury. Therefore, knowing how to assess injuries and illnesses and begin treatment quickly is of vital importance for aspiring athletic trainers. *Acute and Emergency Care in Athletic Training With Web Study Guide* teaches students how to recognize and manage emergency conditions so they can provide appropriate patient care between the field and the emergency department. Authors Michelle Cleary and Katie Walsh Flanagan take an interdisciplinary approach, drawing from literature, position statements, and guidelines from numerous professional health care organizations to offer current evidence-based clinical best practices. The book's comprehensive coverage adheres to and incorporates guidelines from the Commission on Accreditation of Athletic Training Education (CAATE) and the Board of Certification (BOC), and it is one of the first textbooks to align with the competencies outlined in the CAATE 2020 standards. To prepare students to effectively provide appropriate care before getting an injured or ill athlete to the hospital, *Acute and Emergency Care in Athletic Training* includes the following learning aids: • Case studies in the web study guide offer practical scenarios that will facilitate critical thinking and decision-making skills. • Clinical Skills sidebars guide students through the process of completing specific tasks such as splinting, wound care, and airway maintenance. • Red Flag sidebars indicate areas where significant caution is warranted. • Decision-making algorithms and decision trees lead students through selecting the most appropriate treatment option based on a patient's signs and symptoms. • Key terms are boldfaced in the text and are defined in the glossary section. With a full-color presentation and more than 280 photos and illustrations, the text takes a systematic approach to acute and emergency care, with the content divided into two parts. Part I provides critical information on prevention and risk management strategies, including developing an emergency action plan, conducting an emergency examination, and administering emergency medications. Part II then provides the basics of emergency evaluations, describing how to examine, treat, and manage common acute injuries and illnesses to limit the severity of these potentially life-threatening conditions. To aid instructors using *Acute and Emergency Care in Athletic Training* in the classroom, there is a full array of ancillaries, including a test package, an instructor guide with sample answers to the case study questions, and a presentation package plus image bank. When an athlete is injured on the field of play, time is of the essence. *Acute and Emergency Care in Athletic Training* is an invaluable resource for training and preparing the initial responders to recognize critical situations and treat the acutely injured or ill patient.

acute and emergency care in athletic training: *Emergency Care in Athletic Training* Keith Gorse, Robert Blanc, Francis Feld, Matthew Radelet, 2009-10-09 Prepare athletic trainers to provide emergency treatment for acute sports-related injuries and illnesses in children, adolescents, and adults—on and off the field. Noted practitioners and educators address all aspects of the evaluation and management of the full-range of medical problems that may be encountered. From emergency evaluation and airway management through the major categories of injury, this timely text meets a critical need in the classroom and in practice.

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acute and emergency care in athletic training: *Athletic Training and Therapy* Leamor Kahanov, Ellen K. Payne, 2021-03-25 Athletic Training and Therapy: Foundations of Behavior and Practice builds upon an undergraduate understanding of health and exercise sciences to instill an evidence-based, graduate-level knowledge of best practices in athletic training and health care. This text integrates essential competencies outlined by the AT Strategic Alliance, a collaboration of the National Athletic Trainers' Association (NATA), Board of Certification (BOC), and Commission on Accreditation of Athletic Training Education (CAATE). Athletic Training and Therapy highlights contemporary concepts not often found in other introductory texts, such as cultural literacy, interprofessional practice, preventative health care, administrative management, special populations, and epidemiology. Students gain a complete picture of their role as an athletic trainer as they explore these topics and progress through the text. Part I covers foundational clinical competencies that will guide students in their future professional practice. Part II features holistic wellness concepts and proactive strategies to prevent illness and injury. Part III presents emergency interventions for acute injury and immediate care. Part IV offers information on evaluating illness and injury. Part V addresses therapeutic and medical interventions, including therapeutic exercises, pharmacology, and casting procedures. The full-color text engages students and fosters comprehension with learning aids: Evidence-Based Athletic Training sidebars that highlight a position statement, systematic literature review, or high-level randomized control trials Foundational Skills sidebars that provide step-by-step instructions for common skills required of entry-level athletic trainers Chapter summaries of key concepts Learning objectives to help students focus their studies during their graduate education and during preparation for the BOC examination Related digital content delivered through HKPropel: videos of select skills and techniques, gradable chapter quizzes, case studies with critical thinking questions for each chapter, and checklists that can be used to grade students on their ability to accurately perform foundational skills Athletic Training and Therapy offers advanced athletic training students an engaging presentation of the clinical skills they will need as a successful member of the interprofessional health care team. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

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acute and emergency care in athletic training: *Orthopedic & Athletic Injury Examination Handbook* Chad Starkey, Sara D. Brown, 2015-04-16 Stands on its own as an easy-to-carry reference in the clinic. [Its] strengths... are its clear diagrams and the table format frequently used to present information. Athletic trainers and physical therapists will find this on-the-field or in-the-clinic handbook a useful reference with clear explanations and diagrams.—Advance for Physical Therapists and PT Assistants, review of a previous edition. Tap into easy-to-follow, step-by-step guidance on the evaluation and initial management of specific orthopedic and athletic injuries with the companion to Examination of Orthopedic and Athletic Injuries, 4th Edition. From evaluative procedures for palpation and range of motion through neurologic, ligamentous, and special tests, everything you need now in the lab, and later in the field or in the clinic, is here. It's a terrific preparation tool for

the BOC examination, too.

acute and emergency care in athletic training: *Core Concepts in Athletic Training and Therapy* Susan Kay Hillman, 2012-01-31 *Core Concepts in Athletic Training and Therapy* provides a balanced introduction to the knowledge, skills, and clinical abilities that span the profession of athletic training. Students in athletic training, coaching, or other health care fields will find current information covering the breadth of theory and application of athletic training, including evidence-based practice, prevention and health promotion, clinical examination and diagnosis, acute and emergency care, therapeutic interventions, and health care administration. It also presents advanced topics of pathophysiology and psychological response to sport injury to better prepare students for continued study. Compared to other introductory athletic training texts, *Core Concepts in Athletic Training and Therapy* is the only text that aligns with the newest athletic training education competencies from the National Athletic Trainers' Association (2011). Written by a team of respected athletic training educators with experience at the professional and collegiate levels, the text breaks new ground by condensing key concepts to a comprehensive level while not overwhelming students with content that will be addressed in depth in advanced courses. Numerous features assist students in learning the fundamentals:

- Each of the six parts opens with a discussion of the competencies that are covered in that part and concludes with a reference list of those competencies by description and number, making it easy to monitor the knowledge required.
- A companion web resource contains 41 clinical proficiency exercises, carefully chosen to complement the introductory level of the text and align with required educational objectives. The modules may be completed online or printed, and cross-references at the end of each chapter guide students to the appropriate modules to apply the chapter content.
- Case studies sprinkled throughout the text demonstrate real-world situations and include critical thinking questions that underscore principles of rehabilitation and exercise.
- Full-color photographs depict specific conditions and techniques, giving students an accurate picture of real practice.
- For instructors, a complete set of ancillaries assists in preparing and presenting lectures, leading class discussion, and planning assignments and assessments.

In addition, *Core Concepts in Athletic Training and Therapy* is the first text to offer a complete chapter on evidence-based practice, the newest educational competency required of entry-level athletic trainers by the NATA. The rest of the text introduces general information about life as an athletic trainer, such as training, education, licensure, certification, employment opportunities, and the roles in a sports medicine team. The core of the text then focuses on required knowledge and skills related to injury prevention, injury recognition and classification (including region-specific examination strategies, basic objective tests, physical exam strategies, and injury mechanisms), acute care, therapeutic interventions, and the role of pharmaceuticals in the healing process. To round out the text, it addresses health care administration and discusses strategies for the management of athletic training programs. With learning features and a web resource that integrate clinical learning into an introductory course, *Core Concepts in Athletic Training and Therapy* is the essential resource for current and future athletic trainers. Long after its first use, it will prove a valuable reference for athletic training students as they progress through the curriculum, prepare for certification, and begin careers in the profession. *Core Concepts in Athletic Training and Therapy* is part of Human Kinetics' Athletic Training Education Series. Featuring the work of respected authorities in athletic training, this collection of outstanding textbooks, each with its own supporting instructional resources, parallels and expounds on the content areas in the accreditation standards of the NATA Education Council.

acute and emergency care in athletic training: *Foundations of Athletic Training* Marcia K. Anderson, Gail P. Parr, 2013 This text integrates basic medical concepts and related scientific information to provide a strong foundation of general athletic training practices. Using a problem-solving approach to prevention, recognition, assessment, management, and disposition of sports-related injuries and diseases, this text provides athletic trainers and athletic training students with the most extensive, challenging content in a user-friendly format. New Content! This edition features a new chapter on Psychosocial Intervention Strategies.

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Therapeutic Modalities for Musculoskeletal Injuries, Fourth Edition, offers comprehensive coverage of therapeutic interventions for musculoskeletal injuries, providing the tools for optimal decision making for safe and effective use of each treatment method.

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acute and emergency care in athletic training: Sports Emergency Care Robb S. Rehberg, 2007 One of the most critical components of being a certified athletic trainer is the ability to provide appropriate care to a suddenly injured or ill athlete. The first of its kind, Sports Emergency Care: A Team Approach is an innovative text that addresses the specific educational needs of students and athletic trainers who are preparing to handle emergency medical situations in the sports arena. Until now, many athletic training educators have had to rely on general first aid materials that do not adequately address the needs of their programs. Dr. Robb Rehberg has stepped up to fulfill the growing need for a dynamic text that focuses on providing immediate medical care in sports. Sports Emergency Care: A Team Approach is tailored specifically to athletic trainers and athletic training students, focusing on the skills, knowledge, and preparation needed to handle real sports emergencies. Some topics covered include: - Assessment - Emergency planning - Interaction with emergency medical services - Etiology, signs, and symptoms - Common medical emergencies in sports Sports Emergency Care: A Team Approach is a groundbreaking text that will familiarize students and athletic trainers with the emergency situations they will inevitably face throughout their careers. At last, educators, students, and athletic trainers have access to the essential resource they need to address sports emergencies.

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acute and emergency care in athletic training: Clinical Pharmacology in Athletic Training Michelle Cleary, Tom Abdenour, Mike Pavlovich, 2021-10-12 Athletic trainers have a responsibility to provide high-quality pharmaceutical care while meeting both legal and ethical requirements. Clinical Pharmacology in Athletic Training empowers athletic trainers with a functional understanding of pharmacology that enables them to formulate a treatment plan intended to mitigate disease and improve the overall health of their patients. This text incorporates the most up-to-date content from the 2020 Commission on Accreditation of Athletic Training Education (CAATE) standards, and it emphasizes interprofessional practice to enable future and current athletic trainers to collaborate with other health professionals in a manner that optimizes the quality of care. Clinical Pharmacology in Athletic Training begins by addressing drug legislation and the legal aspects of the athletic trainer's role in sport medication. The text provides an overview of pharmacokinetics and pharmacodynamics with an emphasis on concepts relevant to clinical practice. Students are introduced to the generic and brand names, general classifications, and appropriate administration of drugs and are guided toward appropriate online reference materials. Part II of this text describes common medications for pain, inflammation, and infections. Part III includes medications for specific conditions, including respiratory, cardiovascular, gastrointestinal,

neurological, gynecological, and mental health conditions. The text also includes current information on opioid analgesics, cannabis, and cannabinoid-based medications. Clinical Pharmacology in Athletic Training teaches students to administer appropriate pharmacological agents for the management of the patient's condition. The information includes indications, contraindications, dosing, interactions, and adverse reactions. The following features are included to aid in the learning process: Chapter objectives set the stage for the main topics covered in the chapter. Key terms are boldfaced to indicate terms of special importance, and a glossary of definitions is included at the back of the book. Red Flag sidebars highlight warnings and precautions for certain medications or medicolegal issues. Evidence in Pharmacology sidebars highlight recent research regarding medications. Clinical Application sidebars present real-life stories from the field of athletic training. Case studies highlight specific therapeutic medication applications and are accompanied by questions that prompt readers to think critically about the issues presented. Quick reference drug tables describe medication types, generic and brand names, pronunciations, common indications, and other special considerations for the athletic trainer. Over the past decade, there has been an increased emphasis on pharmacology in athletic training. Clinical Pharmacology in Athletic Training will equip students with appropriate skills and competencies, prepare them to meet patient needs, and enable them to work in interprofessional teams.

acute and emergency care in athletic training: Sports Emergency Care Robb Rehberg, Jeff G. Konin, 2024-06-01 For more than a decade, *Sports Emergency Care: A Team Approach* has filled a void in athletic training education on the subject of emergency care. Now, this updated Third Edition continues to pave the way to prepare athletic training students beyond traditional first aid training as well as providing specific information on emergency situations in sports for emergency medical services (EMS) professionals. In this updated Third Edition, Dr. Robb S. Rehberg and Dr. Jeff G. Konin, along with their 13 contributors, have created a resource that can be used in athletic training education programs as a core text in a sports emergency care course; a supplemental text in several courses that address immediate care within an athletic training education curriculum; and it can be used by EMS educators in developing continuing education programs for prehospital providers. Some of the topics included in the Third Edition: Assessment of Sports Emergencies Cardiovascular Emergencies Management of Traumatic Brain Injury Fractures and Soft Tissue Injuries Managing Mental Health Emergencies Care of Athletes with Disabilities Emergencies in Sports for the Aging Athlete Regardless of discipline, it is important for all health care providers caring for ill or injured athletes to be knowledgeable and proficient in managing sports emergencies. This ability can only be achieved through preparation and practice, and *Sports Emergency Care: A Team Approach*, Third Edition continues to be a groundbreaking text that gives access to the essential resources health care providers need to address sports emergencies. This includes but is not limited to athletic trainers, emergency medical technicians and paramedics, and physicians. From the Foreword: "Emergencies can occur anytime and anywhere in sports, including at a practice or on the bus traveling to an event. After nearly 40 years as a professional sports athletic trainer, these emergency moments give me pause. Preparation is the key to successful outcomes in all emergencies." —Ronnie P. Barnes, MS, ATC Senior Vice President, Medical Services Head Athletic Trainer New York Football Giants

acute and emergency care in athletic training: Exertional Heat Illnesses Lawrence E. Armstrong, 2003 The only text to focus exclusively on heat-related illnesses. Full of practical advice for professionals in a variety of medical, academic, & commercial settings. Learn how to identify, treat & prevent exertional heat illnesses & ensure your sporting events are safe.

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and osteopathic medicine. This revised and updated Second Edition is published in association with the American College of Sports Medicine, and includes more practical information. The new, more user-friendly format features numerous illustrations, charts, and tables, including full-color illustrations.

acute and emergency care in athletic training: *Assessment of Athletic Injuries* Sandra J. Shultz, Peggy A. Houglum, David H. Perrin, 2000 Develop confidence in injury recognition and assessment techniques with this book. This book equips students and athletic trainers with what they need to develop the evaluation skills to identify and differentiate various pathologies and accurately assess the nature and severity of the injury. The text offers step-by-step guidelines to develop a sound knowledge base and the skills required to effectively perform thorough and systematic injury assessments. You'll find well-illustrated descriptions of evaluation techniques the certified athletic trainer can use to help identify sport-related injuries and disorders. And you'll find clear descriptions of the symptoms of common medical conditions as well.--[book cover].

acute and emergency care in athletic training: *Sports-Related Concussions in Youth* National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Sports-Related Concussions in Youth, 2014-02-04 In the past decade, few subjects at the intersection of medicine and sports have generated as much public interest as sports-related concussions - especially among youth. Despite growing awareness of sports-related concussions and campaigns to educate athletes, coaches, physicians, and parents of young athletes about concussion recognition and management, confusion and controversy persist in many areas. Currently, diagnosis is based primarily on the symptoms reported by the individual rather than on objective diagnostic markers, and there is little empirical evidence for the optimal degree and duration of physical rest needed to promote recovery or the best timing and approach for returning to full physical activity. *Sports-Related Concussions in Youth: Improving the Science, Changing the Culture* reviews the science of sports-related concussions in youth from elementary school through young adulthood, as well as in military personnel and their dependents. This report recommends actions that can be taken by a range of audiences - including research funding agencies, legislatures, state and school superintendents and athletic directors, military organizations, and equipment manufacturers, as well as youth who participate in sports and their parents - to improve what is known about concussions and to reduce their occurrence. *Sports-Related Concussions in Youth* finds that while some studies provide useful information, much remains unknown about the extent of concussions in youth; how to diagnose, manage, and prevent concussions; and the short- and long-term consequences of concussions as well as repetitive head impacts that do not result in concussion symptoms. The culture of sports negatively influences athletes' self-reporting of concussion symptoms and their adherence to return-to-play guidance. Athletes, their teammates, and, in some cases, coaches and parents may not fully appreciate the health threats posed by concussions. Similarly, military recruits are immersed in a culture that includes devotion to duty and service before self, and the critical nature of concussions may often go unheeded. According to *Sports-Related Concussions in Youth*, if the youth sports community can adopt the belief that concussions are serious injuries and emphasize care for players with concussions until they are fully recovered, then the culture in which these athletes perform and compete will become much safer. Improving understanding of the extent, causes, effects, and prevention of sports-related concussions is vitally important for the health and well-being of youth athletes. The findings and recommendations in this report set a direction for research to reach this goal.

acute and emergency care in athletic training: *Acute Care Surgery* LD Britt, Andrew Peitzman, Phillip Barie, Gregory Jurkovich, 2012-10-16 *Acute Care Surgery* is a comprehensive textbook covering the related fields of trauma, critical care, and emergency general surgery. The full spectrum of *Acute Care Surgery* is expertly addressed, with each chapter highlighting cutting-edge advances in the field and underscoring state-of-the-art management paradigms. In an effort to create the most definitive reference on *Acute Care Surgery*, an evidence-based approach is emphasized for all content included. Also, notable controversies are discussed in detail often accompanied by

data-driven resolutions.

acute and emergency care in athletic training: *Orthopedic Taping, Wrapping, Bracing, and Padding* Joel W. Beam, 2021-01-05 Master the art and science of taping, wrapping, bracing, and padding techniques for the prevention, treatment, and rehabilitation of common injuries and conditions. Step by step, the author details multiple methods for each injury/condition—not just the most popular approach. You'll learn which technique to use and how to analyze the effectiveness of the technique. Full-color photographs give you a clear understanding of each step. Insightful discussions based on the best available evidence develop the knowledge, skills, and clinical abilities you need to meet the needs of the patient.

acute and emergency care in athletic training: *Taping, Wrapping, and Bracing for Athletic Trainers* Andy Grubbs, 2017 With numerous methods available for orthopedic injuries, many texts go into all the applications in a given area or injury and leave readers wondering which one works best or is more useful. *Taping, Wrapping, and Bracing for Athletic Trainers: Functional Methods for Application and Fabrication* is a collection of some of the most commonly used and most functional taping, wrapping, and bracing techniques for orthopedic injuries. Andy Grubbs has designed this text to not only show the best method(s) for a given area but to add another method to each clinician's bag of tricks. *Taping, Wrapping, and Bracing for Athletic Trainers* focuses on the most functional and useful methods in clinical settings and each application is performed in the proper manner to ensure functionality. With the step-by-step instructions, athletic trainers, coaches, and allied health care practitioners will gain comprehensive knowledge and practical skills to understand, reproduce and master the useful taping techniques. While this book offers material recommendations for each technique, it is important to understand that some taping techniques can be performed with a number of different types of taping materials--Publisher's website.

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acute and emergency care in athletic training: *Rehabilitation Techniques in Sports Medicine* William Prentice, 2010-01-08 Designed for the athletic trainer and sports therapist, *Rehabilitation Techniques in Sports Medicine* is the definitive guide to the management of sports injuries. Experts from the field of sports medicine have contributed to this comprehensive, updated edition, which addresses all aspects of rehabilitation, including protocols for rehabilitating the wide variety of injuries athletes are prone to receive. Pros and cons of various rehabilitative modalities are discussed, as well as currently accepted techniques. This text is recognized as a handbook for any practitioners who manage rehabilitation programs for injured athletes.

acute and emergency care in athletic training: *Emergencies in Sports Medicine* Julian Redhead, Jonathan Gordon, 2012-04-05 The essential quick-referral guide for any medical professional providing immediate care for patients with sporting injuries. The portable format, practical approach and easy-reference layout mean that information can be found quickly in emergency situations.

acute and emergency care in athletic training: *Therapeutic Exercise for Musculoskeletal Injuries* Peggy A. Houglum, 2018-10-30 *Therapeutic Exercise for Musculoskeletal*

Injuries, Fourth Edition With Online Video, presents foundational information that instills a thorough understanding of rehabilitative techniques. Updated with the latest in contemporary science and peer-reviewed data, this edition prepares upper-undergraduate and graduate students for everyday practice while serving as a referential cornerstone for experienced rehabilitation clinicians. The text details what is happening in the body, why certain techniques are advantageous, and when certain treatments should be used across rehabilitative time lines. Accompanying online video demonstrates some of the more difficult or unique techniques and can be used in the classroom or in everyday practice. The content featured in Therapeutic Exercise for Musculoskeletal Injuries aligns with the Board of Certification's (BOC) accreditation standards and prepares students for the BOC Athletic Trainers' exam. Author and respected clinician Peggy A. Houglum incorporates more than 40 years of experience in the field to offer evidence-based perspectives, updated theories, and real-world applications. The fourth edition of Therapeutic Exercise for Musculoskeletal Injuries has been streamlined and restructured for a cleaner presentation of content and easier navigation. Additional updates to this edition include the following:

- An emphasis on evidence-based practice encourages the use of current scientific research in treating specific injuries.
- Full-color content with updated art provides students with a clearer understanding of complex anatomical and physiological concepts.
- 40 video clips highlight therapeutic techniques to enhance comprehension of difficult or unique concepts.
- Clinical tips illustrate key points in each chapter to reinforce knowledge retention and allow for quick reference.

The unparalleled information throughout Therapeutic Exercise for Musculoskeletal Injuries, Fourth Edition, has been thoroughly updated to reflect contemporary science and the latest research. Part I includes basic concepts to help readers identify and understand common health questions in examination, assessment, mechanics, rehabilitation, and healing. Part II explores exercise parameters and techniques, including range of motion and flexibility, proprioception, muscle strength and endurance, plyometrics, and development. Part III outlines general therapeutic exercise applications such as posture, ambulation, manual therapy, therapeutic exercise equipment, and body considerations. Part IV synthesizes the information from the previous segments and describes how to create a rehabilitation program, highlighting special considerations and applications for specific body regions. Featuring more than 830 color photos and more than 330 illustrations, the text clarifies complicated concepts for future and practicing rehabilitation clinicians. Case studies throughout part IV emphasize practical applications and scenarios to give context to challenging concepts. Most chapters also contain Evidence in Rehabilitation sidebars that focus on current peer-reviewed research in the field and include applied uses for evidence-based practice. Additional learning aids have been updated to help readers absorb and apply new content; these include chapter objectives, lab activities, key points, key terms, critical thinking questions, and references. Instructor ancillaries, including a presentation package plus image bank, instructor guide, and test package, will be accessible online. Therapeutic Exercise for Musculoskeletal Injuries, Fourth Edition, equips readers with comprehensive material to prepare for and support real-world applications and clinical practice. Readers will know what to expect when treating clients, how to apply evidence-based knowledge, and how to develop custom individual programs.

acute and emergency care in athletic training: [Urgent Care Medicine Secrets E-Book](#)
Robert P. Olympia, Rory O'Neill, Matthew L. Silvis, 2024-01-29 For more than 30 years, the highly regarded Secrets Series® has provided students and practitioners in all areas of health care with concise, focused, and engaging resources for quick reference and exam review. Urgent Care Medicine Secrets, 2nd Edition, offers practical, up-to-date coverage of the full range of essential topics in this dynamic field. This highly regarded resource features the Secrets' popular question-and-answer format that also includes lists, tables, pearls, memory aids, and an easy-to-read style - making inquiry, reference, and review quick, easy, and enjoyable. - The proven Secrets Series® format gives you the most return for your time - succinct, easy to read, engaging, and highly effective. - Fully revised and updated throughout, covering the full range of topics for understanding today's practice of adult and pediatric urgent care—essential information for

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acute and emergency care in athletic training: The IOC Manual of Emergency Sports Medicine David McDonagh, David Zideman, 2015-04-01 The Manual focuses on the fieldside diagnosis and treatment of severe injuries and illnesses that can present at a sports event. It concentrates on basic diagnostic skills and treatment modalities as the sports physician has often limited diagnostic and treatment facilities available. Each chapter concentrates on an illness or anatomical injury and offers a structured diagnostic and therapeutic approach in this difficult pre-hospital environment. The chapters explain what problems are to be expected with specific conditions as well as which treatment plan should be implemented and how to evaluate and reassess those plans.

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emergency action plan, conducting an emergency examination, and administering emergency medications. Part II then provides the basics of emergency evaluations, describing how to examine, treat, and manage common acute injuries and illnesses to limit the severity of these potentially life-threatening conditions. To aid instructors using *Acute and Emergency Care in Athletic Training* in the classroom, there is a full array of ancillaries, including a test package, an instructor guide with sample answers to the case study questions, and a presentation package plus image bank. When an athlete is injured on the field of play, time is of the essence. *Acute and Emergency Care in Athletic Training* is an invaluable resource for training and preparing the initial responders to recognize critical situations and treat the acutely injured or ill patient.

acute and emergency care in athletic training: Concepts of Athletic Training Ronald P. Pfeiffer, Brent C. Mangus, 2005

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acute and emergency care in athletic training: *Surgical Equipment and Supplies* Colleen J Rutherford, 2016-05-12 Here's your go-to guide to the vast array of surgical instruments and equipment used in the OR today. This spiral-bound text/atlas delivers over 725 full-color photographs, detailed specifications, and comprehensive coverage you won't find anywhere else.

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acute and emergency care in athletic training: General Medical Conditions in the Athlete Micki Cuppett, Katie Walsh, 2011-03-22 This is a Pageburst digital textbook; A one-stop reference for the diagnosis and treatment of athletic injuries and illnesses, *General Medical Conditions in the Athlete*, 2nd Edition provides in-depth coverage of all the aspects of non-orthopedic pathology that can occur within athletes. Full-color photos enhance comprehension of the material, which is logically organized into 19 chapters. The beginning chapters cover fundamental areas such as the medical examination, equipment, diagnostic imaging and testing, and pharmacology. Later chapters, organized by body systems, cover the actual medical conditions and include all educational competencies mandated by the National Athletic Trainers' Association for program accreditation. The last two chapters cover psychosocial and substance abuse disorders and working with special populations. Experienced authors Micki Cuppett and Katie Walsh provide unrivaled online resources, including nearly one hour of video showing examples of patient evaluation procedures. Unique one-stop reference is the most comprehensive of its kind, with 19 chapters covering all aspects of non-orthopedic pathology plus a full complement of online resources. Unique Key Points boxes highlight expert advice and guidance for practice. Unique Red Flags boxes call attention to important and often life-threatening information concerning a variety of medical conditions. NATA competencies are incorporated throughout, covering all the content mandated by the National Athletic Trainers' Association for program accreditation. More than 400 illustrations, most in full color, include both anatomical and clinical images. A consistent format in body systems chapters makes information easy to find, first outlining the condition's signs and symptoms and then detailing the appropriate referral and diagnostic tests, the differential diagnosis, the treatment, the prognosis, and the return to athletic participation. Learning Objectives begin each chapter, outlining what you should know after studying the material. Key terms are bolded on first reference within a chapter, and defined in a back-of-book glossary. Expert author team offers authoritative content based on nearly 50 years of combined experience in athletic training education. Unique full-color illustrations aid comprehension of the anatomy, physiology, and pathophysiology of the medical conditions discussed. Unique Common Procedures in the Athletic Training Clinic chapter discusses the expanding role of the athletic trainer, who in many states is allowed perform a variety of basic medical procedures, such as suturing or starting IV fluids. NEW Diagnostic Testing and Imaging chapter meets the need for mandated content included in the 2008 revised NATA educational competencies. An improved logical organization makes this book an ideal clinical reference, beginning with foundational content followed by chapters discussing medical conditions by body system, then detailing psychosocial and substance abuse disorders and working with special populations in the last two chapters. The expanded companion Evolve website includes nearly one hour of video clips with examples of patient evaluation procedures.

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