



## Sports Medicine Secrets, 3e

By Mellion MD, Morris B.; Putukian MD FACSM, Margot; Madden MD, Christopher

Hanley & Belfus, 2002. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: I. Medical Supervision of the Athlete 1. The Team Physician 2. The Athletic Trainer and the Training Room 3. The Preparticipation Evaluation 4. Limiting Conditions for Sports Participation 5. Evaluating the Severely Injured Athlete 6. Injuries and Emergencies on the Field 7. Sports Medicine and the Law II. Special Populations 8. Questions Parents Ask about the Young Athlete 9. The Female Athlete: Performance Expectations 10. The Female Athlete: Exercise, Osteoporosis, and Birth Control 11. Guidelines for Exercise during Pregnancy 12. The Mature Athlete 13. The Wheelchair Athlete and Other Forms of Adaptive Exercise III. Conditioning 14. Building Aerobic Power 15. Building Strength 16. Strength Training in Young Athletes 17. Flexibility IV. Environmental Concerns 18. Thermoregulation and Safe Exercise in the Heat 19. Heat Injuries 20. Safe Exercise in the Cold and Cold Injuries 21. Exercise at High Altitude 22. Scuba and Diving Medicine V. Protective Equipment 23. Protective Equipment: Football 24. Protective Equipment: Baseball, Softball, Hockey, Wrestling, and Lacrosse VI. Sports Nutrition 25. Ergogenic Aspects of Sports Nutrition 26. A Healthy Diet for Athletes 27. Fluids and Electrolytes VII. Behavioral and Psychological...



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