



Musculoskeletal Trauma: Implications for Sports Injury Management

Gary Delforge

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When sports injuries occur, health care clinicians face a difficult challenge: to get athletes back to activity safely and quickly with minimal risk of reinjury.

Musculoskeletal Trauma: Implications for Sports Injury Management will provide you with a conceptual framework for clinical decision making in the therapeutic management of sport-related soft tissue injuries, fractures, and proprioceptive/sensorimotor impairments. This well-organized book identifies major categories of therapeutic intervention that parallel the sequential events of tissue healing after musculoskeletal injury. It provides you with sound rationale for development of progressive therapeutic strategies.

Author Gary Delforge organized this book according to three main categories of sport injuries to enhance your understanding of relevant anatomy and physiology, specific tissue healing mechanisms, and associated implications for therapeutic intervention.

This easy-to-follow book begins with an introduction to clinical decision making and a review of basic concepts in sports injury management, provides detailed content on the pathology and treatment implications of the three major sports injury types, and concludes with a presentation of conceptual guidelines for sports injury assessment and rehabilitation.

Special features include the following:

- Detailed description of the primary biological responses to sport-related trauma throughout the tissue healing process
- Problem-solving scenarios and questions that challenge your application of information to clinical practices
- An at-a-glance appendix with definitions of key terms
- More than 50 detailed medical illustrations

Using a problem-solving approach to the treatment of sports injuries, this book will help you develop effective therapeutic strategies—from initial injury management through rehabilitation and return to activity. It will enhance your ability to plan comprehensive rehabilitation programs and select therapeutic techniques based on knowledge of typical tissue responses to musculoskeletal trauma.

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