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ebook clinical sports medicine 5th edition volume 1 injuries a striking feature of clinical sports medicine has always been the authors relentless commitment to clinical this is a unique book dr emma k stokes president world confederation for physical therapy editors peter brukner ben clarsen jill cook ann cools kay crossley mark hutchinson paul mccrory roald bahr karim khan brukner khan s clinical sports medicine the world leading title in sport and exercise medicine is an authoritative and practical guide to physiotherapy and musculoskeletal medicine for clinicians and students to accommodate the rapid advances in the professions the fifth edition has been expanded into two volumes this first volume clinical sports medicine injuries is the essential guide to all aspects of preventing diagnosing and treating sports related injuries it serves physiotherapists team clinicians athletic trainers sports therapists sports rehabilitators and trainers as well as students in the health professions and in human movement studies all chapters have been updated and rewritten by an international team of sports physiotherapists and sports physicians at the top of their fields more than 550 new figures have been added to bring the total number of illustrations to 1300 there are 15 new chapters including shoulder pain acute knee injuries posterior thigh pain low back pain return to play sport specific biomechanics the second volume clinical sports medicine exercise medicine is scheduled for release in 2018 and will focus on the health benefits of exercise and the medical issues in sport it will serve general practitioners and other clinicians who prescribe exercise to promote health and to treat medical conditions such as heart disease and diabetes this ebook of clinical sports medicine injuries is enhanced with up to 50 instructional videos demonstrating procedures about the authors peter brukner oam mbbs facsep facsm ffsem peter brukner is a sport and exercise physician and currently the australian cricket team doctor he was previously head of sports medicine and sports science at the liverpool football club in the uk peter is the founding partner of the olympic park sports medicine centre a past president of the australasian college of sport and exercise physicians and professor of sports medicine at la trobe university peter has been an olympic team physician and was the socceroos team doctor at the 2010 world cup in 2005 he was awarded the order of australia medal oam for services to sports medicine karim khan md phd mba facsep facsm ffsem karim khan is a sport and exercise physician and professor of sports medicine at the department of family practice at the university of british columbia vancouver canada he is editor in chief of the british journal of sports medicine bjsm and has published more than 300 peer reviewed research articles in 2001 he was awarded the australian prime minister s medal for service to sports medicine karim was profiled in the

lancet in its 2012 olympic games issue

half instructional half motivational superstar body is a guide to what it takes to make your body into a vehicle for success nick aldis better known as magnus from tna impact wrestling formerly oblivion from sky one s gladiators takes you through his life and career focusing on how he s achieved a body that is in great balance in terms of functionality health and aesthetics for his needs as the first ever british professional wrestling champion in a major global promotion nick explains how his passion for working out helped him achieve his goals and how you can do the same most fitness books are either about bodybuilding or weight loss superstar body explains the core principles of both looking at healthy foods and supplements nourishing yourself mentally as well as physically and how to maintain a healthy athletic attractive body with real world techniques

john murtagh s general practice is the gold standard reference for established doctors and new graduates and students in the fields of general practice and primary health care this new edition is completely revised and expanded including new diagnostic strategies for common presenting problems significant updates on sexual health and cervical cancer screening updated information on mental health diagnosis and treatment this seventh edition builds on its influential legacy and has been thoroughly updated by the experienced author team including new authors who bring a new generation of knowledge and diagnostic expertise to this authoritative title

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presents a complex topic in a simple easy to understand waypocket guide pharmacokinetics made easy is the latest update of the popular pharmacokinetics made easy it is suitable for a wide audience including medical practitioners health professionals and students the individual chapters were initially published as a series of articles in australian prescriber to assist practitioners in drug dosing and therapy the physiological approach herein adopted addresses clinical issues in drug therapy and makes them directly applicable to practice situations key selling features self assessment questions in each chapter glossary of symbols use of equations to explain physiological factors underlying important pharmacokinetics processes endorsed and co published with australian prescriber list of key points summarizing the content to improve accessibility and understanding

patient based learning made simple understanding the anatomy of a sports injury is the key to unlocking the diagnosis for most clinicians unfortunately anatomy is often poorly taught is not clinically focused and many

anatomy textbooks are so complicated that searching for clinically useful information is difficult in addition multiple pathologies can present in an overlapping fashion making the differentiation of the various possible causes of injury problematic clinical sports anatomy classifies structures according to their anatomical reference points to form a diagnostic triangle discriminant questions are coupled with the more useful clinical tests and diagnostic manoeuvres to direct the reader toward a definitive clinical diagnosis this approach is firmly rooted in evidence based medicine and includes a list of the most appropriate investigations required to confirm diagnosis key features the four step process define and align listen and localize palpate and re create alleviate and investigate the accurate orientation of the triangle system which aligns the questioning and subsequent examination to focus on surrounding structures that may be injured not just the most obvious onedagnostic reference tables38 case studies of patient presentations covering a variety of sports injuriesover 60 rich and original anatomical illustrations

one of the most famous and spectacular events of the second world war was the destruction of two dams in the ruhr by avro lancaster bombers of 617 squadron known ever since as the dambusters raid the bombs that the lancasters dropped were designed by the most prolific inventor of armaments of the period his tallboy and grand slam earthquake bombs helped destroy the battleship tirpitz as well as numerous other high profile targets and were only eclipsed in destructive power by the atom bombs dropped on japan the inventor was barnes wallis and a hell of a bomb is the story of the development of his bombs their destructive uses and how they helped win the war for the allies

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big adventures on the high seas from one of the greatest seafaring writers of our age hal roth s vivid authentic tales of the sea have riveted readers around the world for forty years here in one volume are three of his classic sea stories each one a white knuckled rail down voyage into the unknown a hard working san francisco husband and wife abandon their jobs their security and some would say their sanity to sail their 35 foot sloop to japan and back the long way over the next nineteen months they discover exotic islands fascinating people and a whole new way of life a few years later these intrepid voyagers decide to try their luck against cape horn but they will need a lot more than luck to survive the vicious storms violent seas and perilous shores of the world s most dangerous stretch of water then nine courageous sailors accept a challenge to do what has never been done before to race alone in a small sailboat around the world nonstop only one will complete the race seven will be forced to withdraw and one will simply disappear

murtagh s practice tips is the trusted resource that provides tips for gps and other medical practitioners drawn from john murtagh s extensive experience in practice it is the essential guide for tried and tested approaches to treatment and improvisation methods using convenient tools and readily available equipment to treat patients as effectively as possible content throughout the resource has been updated for this seventh edition providing essential information and step by step instructions on how to deal with conditions encountered by gps around the world in everyday practice new and updated content includes wounds and suturing dressings for burns lost fillings and crowns cpr in children nasal irrigation eustachian tube dysfunction and glue ear written with the busy practitioner in mind this latest edition describes techniques using common terminology to suit practitioners at all levels of experience more than 450 detailed illustrations including some new and revised supplement the text about the author john murtagh is emeritus professor in general practice at monash university melbourne adjunct clinical professor at the graduate school of medicine university of notre dame fremantle western australia and guest professor peking

university health science centre beijing china

murtagh's practice tips is the trusted resource that provides tips for gps and other medical practitioners drawn from john murtagh's extensive experience in practice it is the essential guide for tried and tested approaches to treatment and improvisation methods using convenient tools and readily available equipment to treat patients as effectively as possible for this eighth edition professor murtagh is joined by dr justin coleman who wrote the gp tips handy hints column in medical observer for 13 years content throughout this new edition has been updated providing essential information more than 450 detailed illustrations and step by step instructions on how to deal with conditions encountered by gps around the world in everyday practice new and updated content includes accessible technology tips excisions the phone as a medical tool injections and topical anaesthesia cryotherapy therapeutic venesection written with the busy practitioner in mind this latest edition describes techniques using common terminology to suit practitioners at all levels of experience

clinical sports nutrition 5e is a cornerstone of the sports medicine series offered by mcgraw hill this complete practical and clinical reference provides the latest sports nutrition information drawing on scientific research from around the globe all chapters have been substantially revised and updated with contributions from leading academics physicians and sports dietitians in australia canada the united states and the united kingdom in addition there are seven new commentaries a molecular view of exercise female athlete triad and energy availability measuring energy availability treating low energy availability vegetarian eating antioxidant supplementation and exercise fluid guidelines this respected reference work is an invaluable asset for students and instructors in the discipline of sports nutrition and is also essential reading for elite athletes sports professionals and trainers who need to keep their knowledge current

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