

MEDICINA DEPORTIVA



Medicina Deportiva

Patrick J. McMahon



Medicina Deportiva:

TRATAMIENTO Y TERAPIAS DE LA MEDICINA DEPORTIVA CHINA Tom Bisio, 2007 Durante siglos los maestros chinos en artes marciales han mantenido sus tan preciados remedios en el más estricto secreto En este libro se presentan en lenguaje claro y con dibujos que ilustran las estrategias de tratamiento y los ejercicios de fuerza los más efectivos para tratar lesiones graves y crónicas sufridas por una persona activa El autor médico y experto en artes marciales explica el completo abanico de estas estrategias curativas y ofrece un botiquín de primeros auxilios chino para ayudar al lector a recuperarse completamente de cualquier accidente cortes esguinces fracturas dislocaciones contusiones desgarros musculares tendinitis entre otros Tom Bisio es un especialista en artes marciales de renombre y un médico especializado en medicina china Dirige una clínica en la ciudad de Nueva York donde su enfoque oriental y occidental en cuanto a los más de curación le ayuda a crear e implementar efectivos programas de rehabilitación

MANUAL OXFORD DE MEDICINA DEPORTIVA Eugene Sherry, Stephan F. Wilson, 2002-10 Este manual es didáctico práctico y una referencia imprescindible en el área de la medicina deportiva y en el tratamiento de las lesiones Aborda el tratamiento clínico de las mismas los problemas médicos y aporta información general y científica sobre la medicina deportiva Para ello se divide en cinco partes En la primera se establecen los aspectos fundamentales de la medicina deportiva la epidemiología las ciencias básicas de la medicina deportiva y los problemas médicos y ambientales a los que se enfrentan los deportistas En la segunda se estudian las lesiones en las distintas zonas del cuerpo sus particularidades la forma más habitual en que se producen los primeros auxilios y la prevención En la tercera se tratan algunos problemas especiales como son los fármacos y los deportistas la nutrición la dermatología deportiva la psicología deportiva y la rehabilitación de las lesiones deportivas En la cuarta se abordan las particularidades de los grupos especiales deportistas con discapacidades infantiles mayores y femeninas Por último se trata la organización de distintos aspectos de la actividad deportiva el equipamiento protector los acontecimientos deportivos y la medicina de buceo

LA RESISTENCIA EN EL DEPORTE R.J. Shephard, D. Åstrand, 2007-06-19 La información contenida en este libro está centrada en las pruebas deportivas en las que la propia competición y/o el entrenamiento requerido duran 1 hora o más Los autores han considerado la competición internacional como el desafío más extremo para los varios sistemas reguladores del cuerpo el fisiológico el bioquímico el biomecánico y el psicológico Como se acomoda el cuerpo a las exigencias metabólicas y térmicas para poder participar en una carrera de maratón en el calor de verano o en el Vasa Loppet en pleno invierno Para llevar a cabo esta compleja tarea han sido más de sesenta los colaboradores especialistas en todas las áreas de la ciencia del deporte Así el volumen ofrece una amplia perspectiva internacional sobre el desafío que implica la participación humana en pruebas de resistencia El material está dividido en siete secciones 1 una breve definición de los términos y conceptos fundamentales 2 un análisis completo de consideraciones científicas básicas sobre anatomía biomecánica fisiología bioquímica nutrición función humoral e inmune factores psicológicos y limitaciones genéticas y ambientales 3 más de

medicina de varios determinantes de la capacidad de resistencia en el campo y en el laboratorio 4 principios básicos de preparación para varios tipos de competición de resistencia 5 entrenamiento de la resistencia en grupos especiales de población 6 prevención de problemas médicos y quirúrgicos durante el entrenamiento y la competición de resistencia con un análisis de los beneficios potenciales para la salud derivados de tales actividades y 7 una exploración de temas específicos para tipos individuales de capacidad de resistencia que abarca desde el esquí de fondo hasta el vuelo impulsado por la fuerza muscular del hombre El material está presentado en un formato que será accesible para todo aquel que tenga unos ciertos conocimientos sobre las ciencias del deporte Es de prever que el volumen atraerá particularmente a científicos y médicos deportivos que intervienen en la preparación de competidores de resistencia pero el amplio espectro de los mecanismos reguladores humanos durante el ejercicio prolongado atraerá también el interés de una audiencia mucho más amplia en fisiología bioquímica y psicología y este volumen se convertirá sin duda alguna en material de lectura obligada para muchos programas de licenciatura en medicina y en la ciencia del deporte

La gestión del deporte municipal Juan A. Mestre Sancho, Eduardo García Sánchez, 1999 El presente texto constituye una visión global pero rigurosa del fenómeno popular del deporte Frente a la faceta educativa de la vía escolar y a la faceta de alto rendimiento de élite de la vía federativa el deporte para todos tiene su marco jurídico y social en la vía municipal Estructurado en diversos capítulos cada uno de ellos supone un tratamiento particular de todos los aspectos a considerar dentro de una actual concepción del deporte de cara al reto que supone el servicio deportivo de un municipio en una sociedad cada vez más demandante de ejercicio físico de práctica física y de deporte La organización y la planificación deportivas la integración del deporte dentro de la estructura municipal la legislación específica los modos de gestión del deporte por el municipio los planes deportivos municipales el plan director de instalaciones deportivas y el plan rector de actividades los usos de las instalaciones deportivas el plan económico deportivo los planes complementarios de actividades la administración y dirección deportivas son aspectos que se estudian en la presente publicación

Lesiones deportivas Roald Bahr, 2007 La práctica regular del ejercicio físico es una de las mejores maneras de conservar un buen estado de salud Hoy se sabe que la actividad física reduce el riesgo de muerte prematura así como de enfermedad cardiovascular hipertensión arterial diabetes tipo 2 e incluso de ciertos tipos de neoplasias Lamentablemente la actividad física sea bajo la forma de trabajo deportes actividades al aire libre juegos o educación física no está exenta de posibles efectos colaterales y las lesiones son un riesgo importante y una realidad Esta excelente obra clara y muy bien organizada ofrece un panorama completo sobre el diagnóstico el tratamiento y la rehabilitación de las lesiones deportivas

Fisioterapia del Deporte y el Ejercicio Gregory Kolt, 2004-01-31 Obra muy completa basada en la evidencia que reúne en un único recurso toda la información de interés diagnóstico preventivo y tratamiento sobre la terapia física en el deporte y el ejercicio Se trata de un tema de un enorme interés debido a su gran actualidad motivada fundamentalmente por dos causas primero la generalización de la idea de que la actividad física mejora la salud lo que ha hecho que aumente el

porcentaje de los que practican deporte entre la población en general y por tanto el número de lesiones segundo la mayor exigencia del deporte profesional que ha hecho que aumenten los tiempos de entrenamiento que stos cada vez sean más intensos que normalmente no se respeta el tiempo necesario de recuperación de una lesión etc por lo que cada vez se producen más lesiones por traumatismo y sobreuso en el deportista profesional Esta obra enfatiza mucho la prevención ya que las lesiones por sobreuso cada vez más frecuentes y con una alta complejidad se pueden evitar en la mayoría de los casos con la prevención adecuada Por tanto en este contexto la actividad del fisioterapeuta es fundamental y está muy demandada tanto para la planificación y enseñanza de los ejercicios de rehabilitación como para la aplicación eficaz de los distintos medios físicos como ultrasonidos estimulación eléctrica laser magnetoterapia etc Revisa también los factores psicológicos que afectan a la rehabilitación del deportista remarcando el rol del fisioterapeuta en la aplicación de técnicas cognitivas conductuales de ayuda a la recuperación Incluye un capítulo de agentes farmacológicos usados en el deporte y el ejercicio en general como analgésicos AINE inyecciones de corticosteroides estudiando su impacto en la recuperación de la lesión y en el tratamiento con la terapia física así como el impacto de las drogas potenciadoras del rendimiento en el deportista Ofrece una visión general de las urgencias más comunes en el deporte y el ejercicio y del rol que los fisioterapeutas deben asumir en el tratamiento de primeros auxilios de las mismas Resalta toda la información de interés diagnóstico prevención y tratamiento sobre la terapia física en el deporte y el ejercicio Esta obra enfatiza mucho la prevención ya que las lesiones por sobreuso cada vez más frecuentes y con una alta complejidad se pueden evitar en la mayoría de los casos con la prevención adecuada Se revisan también los factores psicológicos que afectan a la rehabilitación del deportista remarcando el rol del fisioterapeuta en la aplicación de técnicas cognitivas conductuales de ayuda a la recuperación Ofrece una visión general de las urgencias más comunes en el deporte y el ejercicio y del rol que los fisioterapeutas deben asumir en el tratamiento de primeros auxilios de las mismas

Fisiología y Psicología de la actividad física y el deporte Luis Casis Saenz, 2008 La profesionalización del deporte por un lado y la generalización de la práctica deportiva por otro han provocado un intenso desarrollo del estudio de los aspectos fisiológicos del esfuerzo y de los aspectos psicológicos todo ello con el fin de mejorar el rendimiento deportivo motivo por el cual nace esta obra Hay que tener en cuenta que la actividad física y los estados mentales están estrechamente relacionados con la propia actuación física En este ámbito los aspectos anatómico fisiológicos se entrecruzan con los factores de naturaleza psicológica por lo que se hace necesario prestar especial atención a la interdependencia de los aspectos somáticos y mentales Por tanto las diferentes cuestiones de esta obra están enfocadas desde una perspectiva multidisciplinar y de integración psicósomática Esta obra va dirigida a profesionales del deporte tanto en su vertiente más fisiológica como en la psicológica siendo de interés también para entrenadores y deportistas en activo así como para estudiantes de las diversas titulaciones que abarcan disciplinas deportivas como CC de la Actividad Física y el Deporte Magisterio de Educación Física y Psicopedagogía y a toda aquella persona que tenga interés en conocer la relación entre estados mentales y deporte

Manual ACSM de medicina deportiva W. Ben Kibler, 1998 Trabajos científicos ,1975 **ABC of Sports and Exercise Medicine** Gregory Whyte, Mark Harries, Clyde Williams, 2009-04-13 This third edition provides a concise and thorough overview of the expanding and fast moving field of sports medicine Each chapter has been thoroughly revised and updated and several new chapters have been added From the treatment at pitch side exercise induced asthma and overtraining syndrome to performance in a polluted environment this book covers the latest topics This highly illustrated practical guide will be invaluable to general practitioners physiotherapists and all health professionals who deal with the treatment and prevention of sports related injuries Trabajos científicos ,1975 **World Guide to Scientific Associations and Learned Societies** Helmut Opitz, 2002 Previous editions are cited in Books for College Libraries 3rd ed This guide contains descriptions of about 17 500 associations and societies from the fields of science culture and technology Arrangement is alphabetically by name within an alphabetical listing of countries Indexing is by association names persons and subjects Each entry gives the association name where applicable extension to name abbreviation name in English former name contact information homepage year of foundation number of members names of officials details of periodical publications and whether or not a library and or archives exists New information includes details on aims and activities awards grants and events Distributed by Gale Annotation copyrighted by Book News Inc Portland OR **Introducción a la medicina y ciencias del deporte** Bernardo Marín Fernández, I. Alvarez Ordas, 1994 *Diagnóstico y tratamiento en medicina del deporte* Patrick J. McMahon, 2007-04-11 Manual que abarca todos los aspectos de la medicina deportiva con su variada patología Es un libro tanto de texto como de consulta de organización muy clara y didáctica con gran número de tablas gráficas y fotografías Escrito por 27 colaboradores entre médicos residentes ayudantes y especialistas en medicina deportiva traumatología y ortopedia y rehabilitación además de varios fisioterapeutas Dirigido no sólo a estudiantes de medicina de ciclos clínicos sino también a residentes y especialistas de Medicina deportiva Traumatología y Ortopedia Rehabilitación y en general a todos aquellos profesionales que se ocupan del deportista y de las lesiones ocasionadas por el deporte fisioterapeutas osteopatas fisiatras quiromasajistas masajistas deportivos diplomados en enfermería Ofrece respuestas inmediatas respecto a la conducta a seguir frente a los trastornos más frecuentes que pueden estar relacionados con el deporte como son las lesiones traumáticas principalmente Asimismo aborda aspectos particulares como los que atañen al atleta joven o de edad pediátrica y a la mujer atleta Los capítulos se han estructurado en torno a las regiones anatómicas del cuerpo humano y parten de consideraciones generales para después centrarse en problemas específicos su sintomatología diagnóstico pronóstico y tratamiento para finalizar con un tema específico de la práctica deportiva el momento óptimo para el retorno a los entrenamientos y o la competición *Modern Principles of Athletic Training* Daniel D. Arnheim, 1985

Medicina Deportiva Para Entrenadores de Fútbol José Miguel Benavides García, 1985 Journal of Sports Medicine and Physical Fitness ,1979 Includes FIMS official bulletin of Federation Internationale de Medecine Sportive *El Deporte*

Nuevo Liberalismo (Political party),1987

Traumatología y medicina deportiva 1 RAFAEL BALLESTEROS

MASSÓ,2001-10-01 Es un tratado dirigido a médicos enfermeros fisioterapeutas licenciados en educación física profesores de educación física deportistas y personas interesadas en el tema Los contenidos se han estructurado de tal forma que aunque el contenido de los capítulos específicos aborda las distintas lesiones y enfermedades con profundidad el desarrollo de los temas se apoya en los conceptos morfológicos y fisiológicos básicos

Sports Medicine for Coaches and Trainers Edward J. Shahady,Michael J. Petrizzi,1991 More than 90 percent of youths who participate in organized athletic events do so without a certified trainer available Schools rely on coaches and student or teacher trainers who may have only a rudimentary knowledge of injuries and their treatment and municipal recreation leagues often do not have any staff member available to assist injured youngsters Sports Medicine for Coaches and Trainers provides clear and comprehensive instructions for recognizing and treating common sports injuries This invaluable resource should be on the sidelines during every practice session and every competition involving young athletes Following an introduction to some of the general principles of sports medicine the book focuses on diagnosing specific injuries from cuts and bumps to sprains dislocations and separations and broken bones Other chapters examine such related issues as drug abuse including steroids nutrition special concerns for female athletes and sports psychology A final section discusses the roles and responsibilities of coaches teacher trainers and team physicians in providing a safe environment for young athletes Sports Medicine for Coaches and Trainers should be useful not only to coaches and trainers from the elementary school to the college level but also to volunteers in community recreation programs camp counselors scouting leaders and health paraprofessionals

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